



32. Alteburglauf 2010  
Arnstadt / 30.04.2010

## Detailed evaluation

**Zeiger, Christian**

Club: Gymnasium Arnstadt  
Number: 236

Course: 1.20 km  
Schüler- und Jedermannlauf

Category:  
AK 11 männlich

Total time: 7:17

Speed: 9.89 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 74 (of 125)

Rank in course/Men: 50 (of 72)

Best time in course: 5:18

Rank in category: 9(of 9)

Best time in the category: 5:18