



32. Alteburglauf 2010  
Arnstadt / 30.04.2010

## Detailed evaluation

**Sonntag, Sven**

Club: Arnstadt  
Number: 266

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 41:45

Speed: 14.37 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 14 (of 112)

Rank in course/Men: 14 (of 87)

Best time in course: 33:04

Rank in category: 2(of 14)

Best time in the category: 36:19