



## 32. Alteburglauf 2010

Arnstadt / 30.04.2010

### Detailed evaluation

**Ohlhorst, Frank**

Club: Rudolstadt

Number: 36

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 43:13

Speed: 13.88 km/h

Running performance: 4:19 min/km

Rank in course/Total: 21 (of 112)

Rank in course/Men: 21 (of 87)

Best time in course: 33:04

Rank in category: 2(of 13)

Best time in the category: 42:26