



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Amendt, Christian

Club: LSV LOK Arnstadt

Number: 267

Course: 10.00 km

Hauptlauf

Category:

Männer M20

Total time: 43:46

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 22 (of 112)

Rank in course/Men: 22 (of 87)

Best time in course: 33:04

Rank in category: 11(of 19)

Best time in the category: 33:04