



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 48

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 44:16

Speed: 13.55 km/h

Running performance: 4:26 min/km

Rank in course/Total: 23 (of 112)

Rank in course/Men: 23 (of 87)

Best time in course: 33:04

Rank in category: 3(of 13)

Best time in the category: 42:26