



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Kneise, Wolfram

Club: Katholische Laufjugend

Number: 32

Course: 10.00 km

Hauptlauf

Category:

Männer M20

Total time: 45:34

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 30 (of 112)

Rank in course/Men: 29 (of 87)

Best time in course: 33:04

Rank in category: 13(of 19)

Best time in the category: 33:04