



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Pawlik, Gerd

Club: LTV Erfurt

Number: 38

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 45:38

Speed: 13.15 km/h

Running performance: 4:34 min/km

Rank in course/Total: 31 (of 112)

Rank in course/Men: 30 (of 87)

Best time in course: 33:04

Rank in category: 4(of 13)

Best time in the category: 42:26