



## 32. Alteburglauf 2010

Arnstadt / 30.04.2010

### Detailed evaluation

#### Seever, Thorsten

Club: Laufftreff Alteburg Arnstadt

Number: 53

Course: 10.00 km

Hauptlauf

Category:

Männer M35

Total time: 45:49

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 32 (of 112)

Rank in course/Men: 31 (of 87)

Best time in course: 33:04

Rank in category: 2(of 5)

Best time in the category: 39:45