



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Oppenhäuser, Andreas

Club: Nordhausen

Number: 37

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 47:51

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 40 (of 112)

Rank in course/Men: 39 (of 87)

Best time in course: 33:04

Rank in category: 5(of 13)

Best time in the category: 42:26