



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Kämpfe, Jens

Club: SSV Erfurt 02

Number: 253

Course: 10.00 km

Hauptlauf

Category:

Männer M65

Total time: 48:05

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 42 (of 112)

Rank in course/Men: 41 (of 87)

Best time in course: 33:04

Rank in category: 1(of 4)

Best time in the category: 48:05