



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Bähr, Friedrich

Club: Traktor Rehestädt

Number: 283

Course: 10.00 km

Hauptlauf

Category:

Männer M20

Total time: 48:14

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 45 (of 112)

Rank in course/Men: 44 (of 87)

Best time in course: 33:04

Rank in category: 16(of 19)

Best time in the category: 33:04