



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Heise, Ralf

Club: sc impuls Erfurt

Number: 19

Course: 10.00 km

Hauptlauf

Category:

Männer M30

Total time: 48:17

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 47 (of 112)

Rank in course/Men: 46 (of 87)

Best time in course: 33:04

Rank in category: 4(of 6)

Best time in the category: 42:24