



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Freyberg, Michael

Club: Traktor Rehestädt

Number: 285

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 48:42

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 51 (of 112)

Rank in course/Men: 49 (of 87)

Best time in course: 33:04

Rank in category: 7(of 13)

Best time in the category: 42:26