



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Raab, Rainer

Club: Laufftreff Plaue

Number: 257

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 48:46

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 52 (of 112)

Rank in course/Men: 50 (of 87)

Best time in course: 33:04

Rank in category: 8(of 13)

Best time in the category: 42:26