



## 32. Alteburglauf 2010

Arnstadt / 30.04.2010

### Detailed evaluation

Lux, Lars

Club: Karateverein Arnstadt

Number: 271

Course: 10.00 km

Hauptlauf

Category:

Männer M40

Total time: 50:03

Speed: 11.99 km/h

Running performance: 5:00 min/km

Rank in course/Total: 63 (of 112)

Rank in course/Men: 57 (of 87)

Best time in course: 33:04

Rank in category: 9(of 14)

Best time in the category: 36:19