



## 32. Alteburglauf 2010

Arnstadt / 30.04.2010

### Detailed evaluation

Ritze, Detlef

Club: Laufftreff Arnstadt (Alteburg)

Number: 47

Course: 10.00 km

Hauptlauf

Category:

Männer M60

Total time: 50:17

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 65 (of 112)

Rank in course/Men: 58 (of 87)

Best time in course: 33:04

Rank in category: 2(of 3)

Best time in the category: 48:33