



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Dudek, Harald

Club: LSV LOK Arnstadt

Number: 9

Course: 10.00 km

Hauptlauf

Category:

Männer M60

Total time: 51:27

Speed: 11.66 km/h

Running performance: 5:08 min/km

Rank in course/Total: 74 (of 112)

Rank in course/Men: 64 (of 87)

Best time in course: 33:04

Rank in category: 3(of 3)

Best time in the category: 48:33