



## 32. Alteburglauf 2010

Arnstadt / 30.04.2010

### Detailed evaluation

#### Zinzow, Steffen

Club: Arnstadt

Number: 83

Course: 10.00 km

Hauptlauf

Category:

Männer M40

Total time: 51:28

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 75 (of 112)

Rank in course/Men: 65 (of 87)

Best time in course: 33:04

Rank in category: 10(of 14)

Best time in the category: 36:19