



32. Alteburglauf 2010  
Arnstadt / 30.04.2010

## Detailed evaluation

**Kühn, Heiko**

Club: Arnstadt  
Number: 259

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 53:52

Speed: 11.14 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 85 (of 112)

Rank in course/Men: 73 (of 87)

Best time in course: 33:04

Rank in category: 12(of 14)

Best time in the category: 36:19