



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Herzer, Heiko

Club: Arnstadt

Number: 268

Course: 10.00 km

Hauptlauf

Category:

Männer M35

Total time: 54:08

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 88 (of 112)

Rank in course/Men: 76 (of 87)

Best time in course: 33:04

Rank in category: 4(of 5)

Best time in the category: 39:45