



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau

Number: 275

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 55:00

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 90 (of 112)

Rank in course/Men: 77 (of 87)

Best time in course: 33:04

Rank in category: 13(of 13)

Best time in the category: 42:26