



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee

Number: 22

Course: 10.00 km

Hauptlauf

Category:

Männer M55

Total time: 55:02

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 91 (of 112)

Rank in course/Men: 78 (of 87)

Best time in course: 33:04

Rank in category: 7(of 9)

Best time in the category: 39:38