



## 32. Alteburglauf 2010

Arnstadt / 30.04.2010

### Detailed evaluation

**Pohlemann, Dirk**

Club: Arnstadt

Number: 278

Course: 10.00 km

Hauptlauf

Category:

Männer M40

Total time: 58:09

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 100 (of 112)

Rank in course/Men: 81 (of 87)

Best time in course: 33:04

Rank in category: 13(of 14)

Best time in the category: 36:19