



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Herzer, Nils

Club: LSV LOK Arnstadt

Number: 150

Course: 1.20 km

Schüler- und Jedermannlauf

Category:

AK 10 männlich

Total time: 5:41

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 8 (of 125)

Rank in course/Men: 7 (of 72)

Best time in course: 5:18

Rank in category: 2(of 13)

Best time in the category: 5:30