



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Lampe, Ole-Simon

Club: LSV LOK Arnstadt

Number: 164

Course: 1.20 km

Schüler- und Jedermannlauf

Category:

AK 10 männlich

Total time: 7:02

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 67 (of 125)

Rank in course/Men: 46 (of 72)

Best time in course: 5:18

Rank in category: 12(of 13)

Best time in the category: 5:30