



31. Wartburglauf Eisenach  
Eisenach / 26.09.2010

Detailed evaluation

Freitag, Rüdiger

Club: Etterwinden

Number: 164

Course: 12.50 km

Hauptlauf

Category:

Männer M45

Total time: 1:01:34

Speed: 11.69 km/h

Running performance: 4:56 min/km

Rank in course/Total: 70 (of 154)

Rank in course/Men: 65 (of 121)

Best time in course: 45:54

Rank in category: 8(of 17)

Best time in the category: 52:13