



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Herrmann, Michael**

Club: Sc impuls Erfurt

Number: 1516

Course: 10.00 km

Hauptlauf

Category:

Männer M55

Total time: 40:17

Speed: 14.89 km/h

Running performance: 4:02 min/km

Rank in course/Total: 5 (of 120)

Rank in course/Men: 5 (of 89)

Best time in course: 36:14

Rank in category: 1(of 9)

Best time in the category: 40:17