



33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

Detailed evaluation

Ohlhorst, Frank

Club: Rudolstadt

Number: 1528

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 43:14

Speed: 13.88 km/h

Running performance: 4:19 min/km

Rank in course/Total: 18 (of 120)

Rank in course/Men: 17 (of 89)

Best time in course: 36:14

Rank in category: 3(of 14)

Best time in the category: 41:51