



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Kretzschmar, Manfred**

Club: Ichttershausen

Number: 1525

Course: 10.00 km

Hauptlauf

Category:

Männer M55

Total time: 43:20

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 19 (of 120)

Rank in course/Men: 18 (of 89)

Best time in course: 36:14

Rank in category: 2(of 9)

Best time in the category: 40:17