



33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

Detailed evaluation

Seidler, Bernd

Club: Stadtilm

Number: 1552

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 43:26

Speed: 13.81 km/h

Running performance: 4:20 min/km

Rank in course/Total: 20 (of 120)

Rank in course/Men: 19 (of 89)

Best time in course: 36:14

Rank in category: 4(of 14)

Best time in the category: 41:51