



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Laute, Andreas**

Club: SV TU Ilmenau

Number: 1526

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 44:37

Speed: 13.45 km/h

Running performance: 4:28 min/km

Rank in course/Total: 25 (of 120)

Rank in course/Men: 23 (of 89)

Best time in course: 36:14

Rank in category: 5(of 14)

Best time in the category: 41:51