



33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

Detailed evaluation

Herrmann, Maik

Club: Laufftreff Arnstadt

Number: 1517

Course: 10.00 km

Hauptlauf

Category:

Männer M30

Total time: 44:57

Speed: 13.35 km/h

Running performance: 4:30 min/km

Rank in course/Total: 29 (of 120)

Rank in course/Men: 27 (of 89)

Best time in course: 36:14

Rank in category: 1(of 5)

Best time in the category: 44:57