



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Herder, Uwe**

Club: Wölfis

Number: 1743

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 49:36

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 53 (of 120)

Rank in course/Men: 47 (of 89)

Best time in course: 36:14

Rank in category: 10(of 14)

Best time in the category: 41:51