



33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

Detailed evaluation

Zienow, Steffen

Club: Arnstadt

Number: 1712

Course: 10.00 km

Hauptlauf

Category:

Männer M40

Total time: 50:45

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 63 (of 120)

Rank in course/Men: 55 (of 89)

Best time in course: 36:14

Rank in category: 10(of 15)

Best time in the category: 37:19