



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

Hochsattel, Hans-Jörg

Club: Spitzensalat des WSV Ilmenau

Number: 1764

Course: 10.00 km

Hauptlauf

Category:

Männer M50

Total time: 50:58

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 64 (of 120)

Rank in course/Men: 56 (of 89)

Best time in course: 36:14

Rank in category: 8(of 11)

Best time in the category: 44:12