



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Kramer, Thomas**

Club: Erfurt

Number: 1571

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 52:40

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 83 (of 120)

Rank in course/Men: 71 (of 89)

Best time in course: 36:14

Rank in category: 12(of 14)

Best time in the category: 41:51