



33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

Detailed evaluation

Dudek, Harald

Club: LSV Lok Arnstadt

Number: 1504

Course: 10.00 km

Hauptlauf

Category:

Männer M60

Total time: 52:48

Speed: 11.36 km/h

Running performance: 5:17 min/km

Rank in course/Total: 84 (of 120)

Rank in course/Men: 72 (of 89)

Best time in course: 36:14

Rank in category: 4(of 5)

Best time in the category: 47:31