



33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

Detailed evaluation

Rückert, Uwe

Club: Arnstadt

Number: 1576

Course: 10.00 km

Hauptlauf

Category:

Männer M40

Total time: 53:10

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 86 (of 120)

Rank in course/Men: 74 (of 89)

Best time in course: 36:14

Rank in category: 13(of 15)

Best time in the category: 37:19