



33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

Detailed evaluation

Spilling, Jochen

Club: Holzhausen

Number: 1554

Course: 10.00 km

Hauptlauf

Category:

Männer M65

Total time: 56:31

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 99 (of 120)

Rank in course/Men: 83 (of 89)

Best time in course: 36:14

Rank in category: 2(of 2)

Best time in the category: 50:42