



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Pohlemann, Dirk**

Club: Arnstadt

Number: 1746

Course: 10.00 km

Hauptlauf

Category:

Männer M40

Total time: 1:01:59

Speed: 9.68 km/h

Running performance: 6:12 min/km

Rank in course/Total: 112 (of 120)

Rank in course/Men: 86 (of 89)

Best time in course: 36:14

Rank in category: 14(of 15)

Best time in the category: 37:19