



34. Alteburglauf  
Arnstadt / 04.05.2012

## Detailed evaluation

**Zeiger, Thomas**

Club: Laufftreff Alteburg  
Number: 1916

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 42:44

Speed: 14.04 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 13 (of 125)

Rank in course/Men: 11 (of 97)

Best time in course: 36:31

Rank in category: 2(of 24)

Best time in the category: 36:31