



34. Alteburglauf
Arnstadt / 04.05.2012

Detailed evaluation

Ritze, Sebastian

Club: Arnstadt
Number: 1945

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:59

Speed: 12.25 km/h
Running performance: 4:54 min/km

Rank in course/Total: 46 (of 125)

Rank in course/Men: 44 (of 97)

Best time in course: 36:31

Rank in category: 6(of 12)

Best time in the category: 46:10