



34. Alteburglauf  
Arnstadt / 04.05.2012

## Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV 08 Ilmenau  
Number: 75

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 50:35

Speed: 11.86 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 57 (of 125)

Rank in course/Men: 53 (of 97)

Best time in course: 36:31

Rank in category: 6(of 10)

Best time in the category: 44:38