



34. Alteburglauf
Arnstadt / 04.05.2012

Detailed evaluation

Heyer, Holger

Club: SG Jugendkraft Crawinkel
Number: 1910

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 52:03

Speed: 11.53 km/h
Running performance: 5:12 min/km

Rank in course/Total: 66 (of 125)

Rank in course/Men: 62 (of 97)

Best time in course: 36:31

Rank in category: 15(of 24)

Best time in the category: 36:31