



34. Alteburglauf
Arnstadt / 04.05.2012

Detailed evaluation

Rückert, Uwe

Club: Arnstadt

Number: 1943

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 52:19

Speed: 11.47 km/h

Running performance: 5:14 min/km

Rank in course/Total: 69 (of 125)

Rank in course/Men: 64 (of 97)

Best time in course: 36:31

Rank in category: 16(of 24)

Best time in the category: 36:31