



34. Alteburglauf
Arnstadt / 04.05.2012

Detailed evaluation

Gering, Ronny

Club: Arnstadt
Number: 1981

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:01:18

Speed: 9.79 km/h
Running performance: 6:08 min/km

Rank in course/Total: 110 (of 125)

Rank in course/Men: 90 (of 97)

Best time in course: 36:31

Rank in category: 10(of 12)

Best time in the category: 46:10