



34. Alteburglauf  
Arnstadt / 04.05.2012

Detailed evaluation

Köhler, Christoph

Club: Erfurt  
Number: 1962

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:03:05

Speed: 9.51 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 116 (of 125)

Rank in course/Men: 93 (of 97)

Best time in course: 36:31

Rank in category: 12(of 12)

Best time in the category: 46:10