



34. Alteburglauf  
Arnstadt / 04.05.2012

## Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt  
Number: 1976

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 40:53

Speed: 14.68 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 7 (of 125)

Rank in course/Men: 7 (of 97)

Best time in course: 36:31

Rank in category: 1(of 7)

Best time in the category: 40:53