



34. Alteburglauf
Arnstadt / 04.05.2012

Detailed evaluation

Jaraus, Hagen

Club: ASV Erfurt
Number: 1969

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 45:06

Speed: 13.30 km/h
Running performance: 4:31 min/km

Rank in course/Total: 24 (of 125)

Rank in course/Men: 23 (of 97)

Best time in course: 36:31

Rank in category: 5(of 24)

Best time in the category: 36:31