



34. Alteburglauf
Arnstadt / 04.05.2012

Detailed evaluation

Lindenaub, Ralf

Club: Geraberg
Number: 1918

Course: 10.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 48:10

Speed: 12.46 km/h
Running performance: 4:49 min/km

Rank in course/Total: 40 (of 125)

Rank in course/Men: 38 (of 97)

Best time in course: 36:31

Rank in category: 5(of 8)

Best time in the category: 44:24