



34. Alteburglauf  
Arnstadt / 04.05.2012

Detailed evaluation

**Spranger, Steffen**

Club: Joho Stützerbach  
Number: 62

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 51:21

Speed: 11.68 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 60 (of 125)

Rank in course/Men: 56 (of 97)

Best time in course: 36:31

Rank in category: 13(of 24)

Best time in the category: 36:31