



34. Wartburglauf  
Eisenach / 29.09.2013

Detailed evaluation

**Werner, Ralf**

Club: Stedtfelder Rennsteigfreunde  
Number: 153

Course: 12.50 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:04:58

Speed: 11.08 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 145 (of 254)

Rank in course/Men: 123 (of 186)

Best time in course: 45:36

Rank in category: 20(of 26)

Best time in the category: 45:46