



34. Wartburglauf  
Eisenach / 29.09.2013

## Detailed evaluation

**Nürnberger, Dirk**

Club: SV Empor Bad Langensalza  
Number: 106

Course: 12.50 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 55:27

Speed: 12.98 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 45 (of 254)

Rank in course/Men: 43 (of 186)

Best time in course: 45:36

Rank in category: 10(of 26)

Best time in the category: 45:46