



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

**Henkel, Tobias**

Club: USV Erfurt

Number: 477

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:21

Speed: 15.25 km/h

Running performance: 3:56 min/km

Rank in course/Total: 5 (of 133)

Rank in course/Men: 5 (of 104)

Best time in course: 37:28

Rank in category: 2(of 14)

Best time in the category: 38:10