



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Pawlik, Mario

Club: Pawliks Lauffamily

Number: 414

Course: 10.00 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 40:11

Speed: 14.93 km/h

Running performance: 4:01 min/km

Rank in course/Total: 6 (of 133)

Rank in course/Men: 6 (of 104)

Best time in course: 37:28

Rank in category: 2(of 15)

Best time in the category: 37:53