



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

Trefflich, Denny

Club: SV Ichttershausen

Number: 435

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:52

Speed: 14.68 km/h

Running performance: 4:05 min/km

Rank in course/Total: 10 (of 133)

Rank in course/Men: 10 (of 104)

Best time in course: 37:28

Rank in category: 3(of 14)

Best time in the category: 38:10