



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Herzer, Nils

Club: Erfurter LAC

Number: 387

Course: 10.00 km

Hauptlauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 40:59

Speed: 14.64 km/h

Running performance: 4:06 min/km

Rank in course/Total: 11 (of 133)

Rank in course/Men: 11 (of 104)

Best time in course: 37:28

Rank in category: 4(of 4)

Best time in the category: 37:28