



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt

Number: 385

Course: 10.00 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 42:02

Speed: 14.27 km/h

Running performance: 4:12 min/km

Rank in course/Total: 14 (of 133)

Rank in course/Men: 13 (of 104)

Best time in course: 37:28

Rank in category: 1(of 7)

Best time in the category: 42:02