



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

**Sahl, Marcus**

Club: RSV Adler Arnstadt

Number: 479

Course: 10.00 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 43:08

Speed: 13.91 km/h

Running performance: 4:19 min/km

Rank in course/Total: 20 (of 133)

Rank in course/Men: 19 (of 104)

Best time in course: 37:28

Rank in category: 2(of 10)

Best time in the category: 42:56