



36. Alteburglauf 2014

Arnstadt / 30.04.2014

## Detailed evaluation

Wendemuth, Patrick

Number: 496

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 43:20

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 21 (of 133)

Rank in course/Men: 20 (of 104)

Best time in course: 37:28

Rank in category: 4(of 14)

Best time in the category: 38:10