



36. Alteburglauf 2014  
Arnstadt / 30.04.2014

## Detailed evaluation

Stange, Alexander

Club: Barmer GEK  
Number: 87

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 43:25

Speed: 13.82 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 23 (of 133)

Rank in course/Men: 22 (of 104)

Best time in course: 37:28

Rank in category: 6(of 15)

Best time in the category: 37:53