



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Gergs, Roy

Club: TV 1920 Ilmenau/Die flinken Gerataler
Number: 376

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:43

Speed: 13.72 km/h

Running performance: 4:22 min/km

Rank in course/Total: 25 (of 133)

Rank in course/Men: 24 (of 104)

Best time in course: 37:28

Rank in category: 2(of 10)

Best time in the category: 42:31