



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Ohlhorst, Frank

Club: Team Erdinger Alkoholfrei

Number: 413

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:08

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 28 (of 133)

Rank in course/Men: 26 (of 104)

Best time in course: 37:28

Rank in category: 2(of 16)

Best time in the category: 44:05