



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Ritter, Siegfried

Club: SPORTident

Number: 447

Course: 10.00 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 44:19

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 30 (of 133)

Rank in course/Men: 28 (of 104)

Best time in course: 37:28

Rank in category: 2(of 7)

Best time in the category: 42:02