



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

**Kurtz, Ralf**

Club: Easy Fun

Number: 464

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:36

Speed: 13.45 km/h

Running performance: 4:28 min/km

Rank in course/Total: 31 (of 133)

Rank in course/Men: 29 (of 104)

Best time in course: 37:28

Rank in category: 3(of 10)

Best time in the category: 42:31