



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

**Lindenlaub, Ralf**

Club: Die Flinken Gerataler

Number: 408

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 45:07

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 34 (of 133)

Rank in course/Men: 31 (of 104)

Best time in course: 37:28

Rank in category: 4(of 15)

Best time in the category: 38:35