



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Kobel, Jan

Club: Arnstadt

Number: 401

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 45:24

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 35 (of 133)

Rank in course/Men: 32 (of 104)

Best time in course: 37:28

Rank in category: 3(of 16)

Best time in the category: 44:05