



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Becherer, Markus

Club: Erfurter SSC

Number: 480

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 45:35

Speed: 13.16 km/h

Running performance: 4:34 min/km

Rank in course/Total: 36 (of 133)

Rank in course/Men: 33 (of 104)

Best time in course: 37:28

Rank in category: 5(of 14)

Best time in the category: 38:10