



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Herrmann, Maik

Club: Lauftreff Arnstadt

Number: 384

Course: 10.00 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 45:51

Speed: 13.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 37 (of 133)

Rank in course/Men: 34 (of 104)

Best time in course: 37:28

Rank in category: 9(of 15)

Best time in the category: 37:53