



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Kretzschmar, Manfred

Club: Ichnershausen

Number: 455

Course: 10.00 km

Hauptlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 46:00

Speed: 13.04 km/h

Running performance: 4:36 min/km

Rank in course/Total: 39 (of 133)

Rank in course/Men: 36 (of 104)

Best time in course: 37:28

Rank in category: 1(of 7)

Best time in the category: 46:00