



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

Eichel, Knut

Club: Lahntal

Number: 369

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:32

Speed: 12.89 km/h

Running performance: 4:39 min/km

Rank in course/Total: 43 (of 133)

Rank in course/Men: 40 (of 104)

Best time in course: 37:28

Rank in category: 5(of 15)

Best time in the category: 38:35