



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Hezel, Wolfgang

Club: LTV Erfurt e.V.

Number: 389

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:53

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 45 (of 133)

Rank in course/Men: 42 (of 104)

Best time in course: 37:28

Rank in category: 6(of 16)

Best time in the category: 44:05