



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Großmann, Heino

Club: SV Gehren

Number: 493

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:01

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 50 (of 133)

Rank in course/Men: 45 (of 104)

Best time in course: 37:28

Rank in category: 8(of 15)

Best time in the category: 38:35