



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Goymann, Uwe

Club: Lauftreff Plaue

Number: 476

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 48:18

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 55 (of 133)

Rank in course/Men: 50 (of 104)

Best time in course: 37:28

Rank in category: 7(of 16)

Best time in the category: 44:05