



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

**Ritze, Sebastian**

Club: Arnstadt

Number: 449

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:33

Speed: 12.36 km/h

Running performance: 4:52 min/km

Rank in course/Total: 57 (of 133)

Rank in course/Men: 52 (of 104)

Best time in course: 37:28

Rank in category: 10(of 14)

Best time in the category: 38:10