



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

#### Seever, Thorsten

Club: SG Motor Arnstadt

Number: 430

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:13

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 63 (of 133)

Rank in course/Men: 57 (of 104)

Best time in course: 37:28

Rank in category: 9(of 15)

Best time in the category: 38:35