



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Bogen, Norman

Club: Alteburg Lauftreff Arnstadt

Number: 488

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:17

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 65 (of 133)

Rank in course/Men: 59 (of 104)

Best time in course: 37:28

Rank in category: 10(of 15)

Best time in the category: 38:35