



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Melchert, Volkmar

Club: Die flinken Gerataler

Number: 409

Course: 10.00 km

Hauptlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 50:10

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 70 (of 133)

Rank in course/Men: 64 (of 104)

Best time in course: 37:28

Rank in category: 3(of 7)

Best time in the category: 46:00