



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Respondek, Steffen

Club: Amt Wachsenburg

Number: 421

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 50:22

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 72 (of 133)

Rank in course/Men: 66 (of 104)

Best time in course: 37:28

Rank in category: 12(of 16)

Best time in the category: 44:05