



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

esche, sebastian

Club: arnstadt

Number: 372

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:20

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 91 (of 133)

Rank in course/Men: 80 (of 104)

Best time in course: 37:28

Rank in category: 14(of 14)

Best time in the category: 38:10