



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Gunkel, Sven

Club: Rehestädt

Number: 381

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:45

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 94 (of 133)

Rank in course/Men: 82 (of 104)

Best time in course: 37:28

Rank in category: 7(of 10)

Best time in the category: 42:31