



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt

Number: 382

Course: 10.00 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:50

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 95 (of 133)

Rank in course/Men: 83 (of 104)

Best time in course: 37:28

Rank in category: 6(of 7)

Best time in the category: 42:02