



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Herzer, Heiko

Club: Arnstadt

Number: 386

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 54:28

Speed: 11.02 km/h

Running performance: 5:27 min/km

Rank in course/Total: 98 (of 133)

Rank in course/Men: 85 (of 104)

Best time in course: 37:28

Rank in category: 12(of 15)

Best time in the category: 38:35