



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Spilling, Frank

Club: LG Erfurt

Number: 500

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 54:41

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 99 (of 133)

Rank in course/Men: 86 (of 104)

Best time in course: 37:28

Rank in category: 13(of 15)

Best time in the category: 38:35