



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Prahl, Wolfgang

Club: Arnstadt

Number: 490

Course: 10.00 km

Hauptlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 55:16

Speed: 10.86 km/h

Running performance: 5:32 min/km

Rank in course/Total: 103 (of 133)

Rank in course/Men: 88 (of 104)

Best time in course: 37:28

Rank in category: 5(of 7)

Best time in the category: 46:00