



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Krisch, Michael

Club: ZWEI-TAKT-TEAM Arnstadt

Number: 405

Course: 10.00 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 56:20

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 107 (of 133)

Rank in course/Men: 90 (of 104)

Best time in course: 37:28

Rank in category: 14(of 15)

Best time in the category: 37:53