



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

#### Nachtwey, Tino

Club: Dannheim

Number: 462

Course: 10.00 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 56:50

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 108 (of 133)

Rank in course/Men: 91 (of 104)

Best time in course: 37:28

Rank in category: 15(of 15)

Best time in the category: 37:53