



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Amarell, Ludwig

Club: GMRLV LG Süd

Number: 361

Course: 10.00 km

Hauptlauf

Category:

Senioren M75 (75-79 Jahre)

Total time: 57:28

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 110 (of 133)

Rank in course/Men: 93 (of 104)

Best time in course: 37:28

Rank in category: 1(of 1)

Best time in the category: 57:28