



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Rode, Michael

Club: LTV Erfurt

Number: 423

Course: 10.00 km

Hauptlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 58:54

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 112 (of 133)

Rank in course/Men: 94 (of 104)

Best time in course: 37:28

Rank in category: 7(of 7)

Best time in the category: 46:00