



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

**Prescher, Frank**

Club: USV Erfurt

Number: 418

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 59:18

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 114 (of 133)

Rank in course/Men: 95 (of 104)

Best time in course: 37:28

Rank in category: 14(of 15)

Best time in the category: 38:35