



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Dehmel, Gerhard

Club: Thwv Ilmenau

Number: 454

Course: 10.00 km

Hauptlauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 59:50

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 115 (of 133)

Rank in course/Men: 96 (of 104)

Best time in course: 37:28

Rank in category: 1(of 1)

Best time in the category: 59:50