



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Langlotz, Swen

Club: Turmschnecken Cobstädt

Number: 407

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:00:44

Speed: 9.88 km/h

Running performance: 6:04 min/km

Rank in course/Total: 118 (of 133)

Rank in course/Men: 98 (of 104)

Best time in course: 37:28

Rank in category: 15(of 15)

Best time in the category: 38:35