



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Völker, Ekkehard

Club: Arnstadt

Number: 491

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:02:12

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 119 (of 133)

Rank in course/Men: 99 (of 104)

Best time in course: 37:28

Rank in category: 8(of 10)

Best time in the category: 42:31