



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Mölders, Martin

Club: FDP

Number: 458

Course: 10.00 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:03:08

Speed: 9.50 km/h

Running performance: 6:19 min/km

Rank in course/Total: 123 (of 133)

Rank in course/Men: 101 (of 104)

Best time in course: 37:28

Rank in category: 7(of 7)

Best time in the category: 42:02