



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

#### Jäger, Matthias

Club: Kath. Laufjugend Arnstadt

Number: 396

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:08:25

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 129 (of 133)

Rank in course/Men: 104 (of 104)

Best time in course: 37:28

Rank in category: 10(of 10)

Best time in the category: 42:31