



37. Alteburglauf  
Arnstadt / 30.04.2015

## Detailed evaluation

Lampert, Maik

Number: 199

Course: 3.50 km

Jugend- und Jedermannlauf

Category:

Jedermann

Total time: 22:12

Speed: 8.11 km/h

Running performance: 6:20 min/km

Rank in course/Total: 37 (of 40)

Rank in course/Men: 25 (of 25)

Best time in course: 13:08

Rank in category: 7(of 7)

Best time in the category: 16:25