



37. Alteburglauf
Arnstadt / 30.04.2015

Detailed evaluation

Lindenlaub, Ralf

Club: Die flinken Gerataler
Number: 296

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:50

Speed: 13.69 km/h
Running performance: 4:23 min/km

Rank in course/Total: 16 (of 101)

Rank in course/Men: 15 (of 79)

Best time in course: 36:31

Rank in category: 3(of 14)

Best time in the category: 42:29