



37. Alteburglauf
Arnstadt / 30.04.2015

Detailed evaluation

Wolfig, Uwe

Club: Plaue
Number: 283

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:20

Speed: 13.53 km/h
Running performance: 4:26 min/km

Rank in course/Total: 18 (of 101)

Rank in course/Men: 17 (of 79)

Best time in course: 36:31

Rank in category: 4(of 11)

Best time in the category: 37:40