



37. Alteburglauf  
Arnstadt / 30.04.2015

## Detailed evaluation

Hengelhaupt, Thorsten

Club: SV Icktershausen  
Number: 220

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 45:27

Speed: 13.20 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 24 (of 101)

Rank in course/Men: 22 (of 79)

Best time in course: 36:31

Rank in category: 3(of 6)

Best time in the category: 40:52