



37. Alteburglauf
Arnstadt / 30.04.2015

Detailed evaluation

Seidler, Bernd

Club: N3-Sportverein
Number: 284

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:45

Speed: 12.83 km/h
Running performance: 4:41 min/km

Rank in course/Total: 29 (of 101)

Rank in course/Men: 27 (of 79)

Best time in course: 36:31

Rank in category: 6(of 18)

Best time in the category: 43:46