



37. Alteburglauf
Arnstadt / 30.04.2015

Detailed evaluation

Bogen, Norman

Club: Amt Wachsenburg
Number: 234

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:03

Speed: 12.49 km/h
Running performance: 4:48 min/km

Rank in course/Total: 39 (of 101)

Rank in course/Men: 35 (of 79)

Best time in course: 36:31

Rank in category: 7(of 14)

Best time in the category: 42:29