



37. Alteburglauf
Arnstadt / 30.04.2015

Detailed evaluation

Güldenstein, Gerhard

Club: Wipfratal

Number: 216

Course: 10.00 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 48:42

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 43 (of 101)

Rank in course/Men: 38 (of 79)

Best time in course: 36:31

Rank in category: 1(of 5)

Best time in the category: 48:42