



37. Alteburglauf  
Arnstadt / 30.04.2015

## Detailed evaluation

esche, sebastian

Club: Arnstadt  
Number: 210

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 49:33

Speed: 12.11 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 46 (of 101)

Rank in course/Men: 41 (of 79)

Best time in course: 36:31

Rank in category: 5(of 6)

Best time in the category: 38:14