



37. Alteburglauf  
Arnstadt / 30.04.2015

## Detailed evaluation

Kühn, Heiko

Number: 291

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 49:59

Speed: 12.00 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 49 (of 101)

Rank in course/Men: 43 (of 79)

Best time in course: 36:31

Rank in category: 7(of 11)

Best time in the category: 37:40