



37. Alteburglauf  
Arnstadt / 30.04.2015

## Detailed evaluation

**Friedrich, Bernd**

Club: Arnstadt  
Number: 212

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 54:31

Speed: 11.01 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 68 (of 101)

Rank in course/Men: 58 (of 79)

Best time in course: 36:31

Rank in category: 4(of 6)

Best time in the category: 46:58