



37. Alteburglauf
Arnstadt / 30.04.2015

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau

Number: 242

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 54:46

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 71 (of 101)

Rank in course/Men: 60 (of 79)

Best time in course: 36:31

Rank in category: 15(of 18)

Best time in the category: 43:46