



37. Alteburglauf  
Arnstadt / 30.04.2015

## Detailed evaluation

**Herzer, Heiko**

Club: Arnstadt  
Number: 221

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 54:51

Speed: 10.94 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 72 (of 101)

Rank in course/Men: 61 (of 79)

Best time in course: 36:31

Rank in category: 11(of 14)

Best time in the category: 42:29