



37. Alteburglauf
Arnstadt / 30.04.2015

Detailed evaluation

Prasser, Niels

Club: SG Einheit Arnstadt
Number: 290

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 56:44

Speed: 10.58 km/h
Running performance: 5:40 min/km

Rank in course/Total: 85 (of 101)

Rank in course/Men: 70 (of 79)

Best time in course: 36:31

Rank in category: 13(of 14)

Best time in the category: 42:29