



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Grund, Martin

Number: 329

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 36:12

Speed: 16.57 km/h

Running performance: 3:37 min/km

Rank in course/Total: 1 (of 125)

Rank in course/Men: 1 (of 100)

Best time in course: 36:12

Rank in category: 1(of 14)

Best time in the category: 36:12