



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

**Thurm, Ingo**

Club: sc impuls erfurt  
Number: 251

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 36:55

Speed: 16.25 km/h  
Running performance: 3:41 min/km

Rank in course/Total: 4 (of 125)

Rank in course/Men: 4 (of 100)

Best time in course: 36:12

Rank in category: 1(of 16)

Best time in the category: 36:55