



38. Alteburglauf  
Arnstadt / 04.05.2016

Detailed evaluation

Röder, Stefan

Club: mtb-thüringen.de  
Number: 232

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 42:15

Speed: 14.20 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 20 (of 125)

Rank in course/Men: 20 (of 100)

Best time in course: 36:12

Rank in category: 1(of 11)

Best time in the category: 42:15