



38. Alteburglauf  
Arnstadt / 04.05.2016

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt  
Number: 210

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 43:16

Speed: 13.87 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 25 (of 125)

Rank in course/Men: 25 (of 100)

Best time in course: 36:12

Rank in category: 1(of 7)

Best time in the category: 43:16