



38. Alteburglauf  
Arnstadt / 04.05.2016

Detailed evaluation

Herrmann, Maik

Club: Lauffreife Arnstadt  
Number: 209

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 43:29

Speed: 13.80 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 27 (of 125)

Rank in course/Men: 27 (of 100)

Best time in course: 36:12

Rank in category: 4(of 11)

Best time in the category: 42:15