



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Gerngroß, Thomas

Club: ThSV 1886 Geschwenda
Number: 201

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:30

Speed: 13.48 km/h
Running performance: 4:27 min/km

Rank in course/Total: 34 (of 125)

Rank in course/Men: 34 (of 100)

Best time in course: 36:12

Rank in category: 4(of 16)

Best time in the category: 36:55