



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Hengelhaupt, Thorsten

Club: SV Icktershausen  
Number: 208

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 44:54

Speed: 13.36 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 36 (of 125)

Rank in course/Men: 36 (of 100)

Best time in course: 36:12

Rank in category: 6(of 11)

Best time in the category: 42:15