



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Jaraus, Hagen

Club: ASV Erfurt  
Number: 214

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:00

Speed: 13.33 km/h  
Running performance: 4:30 min/km

Rank in course/Total: 38 (of 125)

Rank in course/Men: 37 (of 100)

Best time in course: 36:12

Rank in category: 5(of 16)

Best time in the category: 36:55