



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Heller, Maik

Number: 333

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 45:23

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 41 (of 125)

Rank in course/Men: 40 (of 100)

Best time in course: 36:12

Rank in category: 8(of 14)

Best time in the category: 36:12