



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Wolfig, Uwe

Club: Plaue
Number: 260

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:32

Speed: 13.18 km/h
Running performance: 4:33 min/km

Rank in course/Total: 42 (of 125)

Rank in course/Men: 41 (of 100)

Best time in course: 36:12

Rank in category: 7(of 16)

Best time in the category: 36:55