



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Zenke, Ingo

Club: Dream Team Ilmenau  
Number: 305

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 47:31

Speed: 12.63 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 48 (of 125)

Rank in course/Men: 46 (of 100)

Best time in course: 36:12

Rank in category: 5(of 11)

Best time in the category: 38:01