



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Esche, Sebastian

Club: Arnstadt  
Number: 196

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 47:40

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 49 (of 125)

Rank in course/Men: 47 (of 100)

Best time in course: 36:12

Rank in category: 10(of 14)

Best time in the category: 36:12