



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

**Schalk, Udo**

Club: Dream Team Ilmenau  
Number: 234

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 48:38

Speed: 12.34 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 55 (of 125)

Rank in course/Men: 52 (of 100)

Best time in course: 36:12

Rank in category: 4(of 12)

Best time in the category: 42:51