



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

**Krämer, Sascha**

Club: Ilmenau  
Number: 219

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 49:02

Speed: 12.24 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 62 (of 125)

Rank in course/Men: 59 (of 100)

Best time in course: 36:12

Rank in category: 6(of 7)

Best time in the category: 36:18