



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Mölders, Martin

Club: SV Arnstadt 09

Number: 271

Course: 10.00 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 48:57

Speed: 12.26 km/h

Running performance: 4:53 min/km

Rank in course/Total: 61 (of 125)

Rank in course/Men: 58 (of 100)

Best time in course: 36:12

Rank in category: 5(of 12)

Best time in the category: 42:51