



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Gükldenstein, Gerhard

Number: 267

Course: 10.00 km

Hauptlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 49:05

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 63 (of 125)

Rank in course/Men: 60 (of 100)

Best time in course: 36:12

Rank in category: 4(of 7)

Best time in the category: 43:16