



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Raab, Rainer

Number: 340

Course: 10.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 50:38

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 74 (of 125)

Rank in course/Men: 68 (of 100)

Best time in course: 36:12

Rank in category: 6(of 12)

Best time in the category: 42:51