



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV 08 Ilmenau  
Number: 265

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 50:44

Speed: 11.83 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 76 (of 125)

Rank in course/Men: 70 (of 100)

Best time in course: 36:12

Rank in category: 7(of 12)

Best time in the category: 42:51