



38. Alteburglauf  
Arnstadt / 04.05.2016

Detailed evaluation

**Bieber, Stefan**

Club: ILA Erfurt/TechnoTeam  
Number: 268

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 51:45

Speed: 11.59 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 81 (of 125)

Rank in course/Men: 74 (of 100)

Best time in course: 36:12

Rank in category: 11(of 16)

Best time in the category: 36:55