



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Spranger, Steffen

Number: 343

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 52:04

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 83 (of 125)

Rank in course/Men: 76 (of 100)

Best time in course: 36:12

Rank in category: 12(of 16)

Best time in the category: 36:55