



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

**Bähr, Thomas**

Club: Traktor Rehestädt  
Number: 286

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 52:11

Speed: 11.50 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 87 (of 125)

Rank in course/Men: 80 (of 100)

Best time in course: 36:12

Rank in category: 10(of 12)

Best time in the category: 42:51