



38. Alteburglauf  
Arnstadt / 04.05.2016

Detailed evaluation

Hildebrand, Heiko

Club: LSV Lok Arnstadt  
Number: 275

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 53:01

Speed: 11.32 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 91 (of 125)

Rank in course/Men: 82 (of 100)

Best time in course: 36:12

Rank in category: 9(of 11)

Best time in the category: 38:01