



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Herzer, Heiko

Club: Arnstadt  
Number: 211

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 53:01

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

Rank in course/Total: 92 (of 125)

Rank in course/Men: 82 (of 100)

Best time in course: 36:12

Rank in category: 7(of 8)

Best time in the category: 40:26