



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Simon, Holger

Club: Schmalkalden
Number: 248

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 53:09

Speed: 11.29 km/h
Running performance: 5:19 min/km

Rank in course/Total: 94 (of 125)

Rank in course/Men: 84 (of 100)

Best time in course: 36:12

Rank in category: 13(of 14)

Best time in the category: 36:12