



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Koch, Stephan

Club: Feuerwehr Gotha
Number: 319

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 54:52

Speed: 10.94 km/h
Running performance: 5:29 min/km

Rank in course/Total: 104 (of 125)

Rank in course/Men: 90 (of 100)

Best time in course: 36:12

Rank in category: 14(of 14)

Best time in the category: 36:12