



38. Alteburglauf  
Arnstadt / 04.05.2016

Detailed evaluation

Täntzer, Ralph

Club: OVB Wipfratal  
Number: 250

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:12

Speed: 10.87 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 106 (of 125)

Rank in course/Men: 92 (of 100)

Best time in course: 36:12

Rank in category: 15(of 16)

Best time in the category: 36:55