



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

**Dehmel, Gerhard**

Club: ThwV Ilmenau  
Number: 192

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M75 (75-79 Jahre)

Total time: 57:48

Speed: 10.38 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 110 (of 125)

Rank in course/Men: 95 (of 100)

Best time in course: 36:12

Rank in category: 1(of 2)

Best time in the category: 57:48