



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau
Number: 226

Course: 10.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 59:29

Speed: 10.09 km/h
Running performance: 5:57 min/km

Rank in course/Total: 115 (of 125)

Rank in course/Men: 98 (of 100)

Best time in course: 36:12

Rank in category: 12(of 12)

Best time in the category: 42:51