



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Bangert, Holker

Club: TVK Aikido Coburg
Number: 182

Course: 10.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 52:06

Speed: 11.52 km/h
Running performance: 5:13 min/km

Rank in course/Total: 85 (of 125)

Rank in course/Men: 77 (of 100)

Best time in course: 36:12

Rank in category: 9(of 12)

Best time in the category: 42:51