



39. Alteburglauf
Arnstadt / 05.05.2017

Detailed evaluation

GERNGROß, Thomas

Club: ThSV 1886 Geschwenda
Number: 317

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:36

Speed: 13.76 km/h
Running performance: 4:22 min/km

Rank in course/Total: 12 (of 106)

Rank in course/Men: 11 (of 82)

Best time in course: 36:38

Rank in category: 3(of 17)

Best time in the category: 37:02