



39. Alteburglauf  
Arnstadt / 05.05.2017

Detailed evaluation

KIRST, Steffen

Club: SV 90 Gräfenroda  
Number: 333

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 45:50

Speed: 13.09 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 22 (of 106)

Rank in course/Men: 21 (of 82)

Best time in course: 36:38

Rank in category: 4(of 9)

Best time in the category: 42:19