



39. Alteburglauf
Arnstadt / 05.05.2017

Detailed evaluation

Jaraus, Hagen

Club: ASV Erfurt
Number: 412

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:20

Speed: 12.95 km/h
Running performance: 4:38 min/km

Rank in course/Total: 24 (of 106)

Rank in course/Men: 23 (of 82)

Best time in course: 36:38

Rank in category: 6(of 17)

Best time in the category: 37:02