



39. Alteburglauf  
Arnstadt / 05.05.2017

Detailed evaluation

Lindenlaub, Ralf

Club: Die flinken Gerataler  
Number: 409

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 46:38

Speed: 12.87 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 25 (of 106)

Rank in course/Men: 24 (of 82)

Best time in course: 36:38

Rank in category: 5(of 9)

Best time in the category: 42:19