



39. Alteburglauf  
Arnstadt / 05.05.2017

Detailed evaluation

Leeder, Dirk

Club: Langewiesen  
Number: 398

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 48:15

Speed: 12.44 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 33 (of 106)

Rank in course/Men: 31 (of 82)

Best time in course: 36:38

Rank in category: 7(of 17)

Best time in the category: 37:02