



39. Alteburglauf  
Arnstadt / 05.05.2017

## Detailed evaluation

**STONEK, Christian**

Club: Liberales Laufteam  
Number: 365

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 52:29

Speed: 11.43 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 59 (of 106)

Rank in course/Men: 53 (of 82)

Best time in course: 36:38

Rank in category: 6(of 9)

Best time in the category: 42:19