



39. Alteburglauf  
Arnstadt / 05.05.2017

Detailed evaluation

**Prasser, Nils**

Club: SG Motor Arnstadt  
Number: 387

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 57:15

Speed: 10.48 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 87 (of 106)

Rank in course/Men: 74 (of 82)

Best time in course: 36:38

Rank in category: 15(of 17)

Best time in the category: 37:02