



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

Ahrndt, Jörg

Club: LG Frauenwald  
Number: 446

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:31:58

Speed: 13.77 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 6 (of 46)

Rank in course/Men: 5 (of 43)

Best time in course: 1:25:30

Rank in category: 1(of 7)

Best time in the category: 1:31:58