



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**THURM, Ingo**

Club: sc impuls Erfurt  
Number: 325

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 37:04

Speed: 16.19 km/h  
Running performance: 3:43 min/km

Rank in course/Total: 3 (of 111)

Rank in course/Men: 3 (of 75)

Best time in course: 36:15

Rank in category: 1(of 16)

Best time in the category: 37:04