



40. Alteburglauf
Arnstadt / 04.05.2018

Detailed evaluation

REIF, Bernd

Club: Laufcombo Reif Gotha
Number: 310

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:22

Speed: 13.84 km/h
Running performance: 4:20 min/km

Rank in course/Total: 8 (of 111)

Rank in course/Men: 8 (of 75)

Best time in course: 36:15

Rank in category: 2(of 16)

Best time in the category: 37:04