



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**JARAUSCH, Hagen**

Club: ASV Erfurt  
Number: 293

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 43:45

Speed: 13.71 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 10 (of 111)

Rank in course/Men: 10 (of 75)

Best time in course: 36:15

Rank in category: 3(of 16)

Best time in the category: 37:04