



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**KIRST, Steffen**

Club: SV 90 Gräfenroda  
Number: 295

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 44:08

Speed: 13.60 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 14 (of 111)

Rank in course/Men: 14 (of 75)

Best time in course: 36:15

Rank in category: 3(of 10)

Best time in the category: 42:53