



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**Esche, Sebastian**

Club: T-Systems MMS  
Number: 438

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:45:17

Speed: 12.02 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 21 (of 46)

Rank in course/Men: 20 (of 43)

Best time in course: 1:25:30

Rank in category: 7(of 10)

Best time in the category: 1:31:17