



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**Lindenlaub, Ralf**

Club: Die flinken Gerataler  
Number: 349

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 48:09

Speed: 12.46 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 27 (of 111)

Rank in course/Men: 24 (of 75)

Best time in course: 36:15

Rank in category: 4(of 10)

Best time in the category: 42:53