



40. Alteburglauf
Arnstadt / 04.05.2018

Detailed evaluation

Zentgraf, René

Club: Arnstadt
Number: 342

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 48:34

Speed: 12.35 km/h
Running performance: 4:52 min/km

Rank in course/Total: 30 (of 111)

Rank in course/Men: 26 (of 75)

Best time in course: 36:15

Rank in category: 5(of 8)

Best time in the category: 46:20