



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**KRÄMER, Sascha**

Club: Ilmenau  
Number: 297

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 48:36

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

Rank in course/Total: 31 (of 111)

Rank in course/Men: 27 (of 75)

Best time in course: 36:15

Rank in category: 4(of 7)

Best time in the category: 36:15