



40. Alteburglauf
Arnstadt / 04.05.2018

Detailed evaluation

BANGERT, Holker

Club: Aikido
Number: 252

Course: 10.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 52:14

Speed: 11.49 km/h
Running performance: 5:13 min/km

Rank in course/Total: 49 (of 111)

Rank in course/Men: 42 (of 75)

Best time in course: 36:15

Rank in category: 5(of 11)

Best time in the category: 40:23