



40. Alteburglauf
Arnstadt / 04.05.2018

Detailed evaluation

STONEK, Christian

Club: liberales Laufteam
Number: 323

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:00

Speed: 11.32 km/h
Running performance: 5:18 min/km

Rank in course/Total: 58 (of 111)

Rank in course/Men: 50 (of 75)

Best time in course: 36:15

Rank in category: 8(of 10)

Best time in the category: 42:53