



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**GRAICHEN, Andreas**

Club: Arnstadt  
Number: 275

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:16

Speed: 11.26 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 60 (of 111)

Rank in course/Men: 52 (of 75)

Best time in course: 36:15

Rank in category: 12(of 16)

Best time in the category: 37:04