



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

Hildebrand, Heiko

Club: LSV LOK Arnstadt  
Number: 363

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 54:30

Speed: 11.01 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 67 (of 111)

Rank in course/Men: 55 (of 75)

Best time in course: 36:15

Rank in category: 8(of 8)

Best time in the category: 46:20