



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**MELCHERT, Volkmar**

Club: Die flinken Gerataler  
Number: 302

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 55:25

Speed: 10.83 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 72 (of 111)

Rank in course/Men: 59 (of 75)

Best time in course: 36:15

Rank in category: 1(of 4)

Best time in the category: 55:25