



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**BOGEN, Norman**

Club: LT Alteburg  
Number: 258

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 55:53

Speed: 10.74 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 76 (of 111)

Rank in course/Men: 61 (of 75)

Best time in course: 36:15

Rank in category: 9(of 10)

Best time in the category: 42:53