



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**PRASSER, Niels**

Club: SG Motor Arnstadt  
Number: 308

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:07

Speed: 10.32 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 85 (of 111)

Rank in course/Men: 64 (of 75)

Best time in course: 36:15

Rank in category: 14(of 16)

Best time in the category: 37:04