



40. Alteburglauf  
Arnstadt / 04.05.2018

Detailed evaluation

**RÖDGER, Steffen**

Club: Hörselberg-Hainich  
Number: 313

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:01:52

Speed: 9.70 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 97 (of 111)

Rank in course/Men: 69 (of 75)

Best time in course: 36:15

Rank in category: 16(of 16)

Best time in the category: 37:04