



40. Alteburglauf
Arnstadt / 04.05.2018

Detailed evaluation

HEGNER, Jan

Club: Laufmasche
Number: 285

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:12:10

Speed: 8.31 km/h
Running performance: 7:13 min/km

Rank in course/Total: 110 (of 111)

Rank in course/Men: 74 (of 75)

Best time in course: 36:15

Rank in category: 10(of 10)

Best time in the category: 42:53