



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Ahrndt, Jörg

Club: LG Frauenwald
Number: 426

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:32:25

Speed: 13.70 km/h
Running performance: 4:23 min/km

Rank in course/Total: 6 (of 56)

Rank in course/Men: 6 (of 49)

Best time in course: 1:30:09

Rank in category: 1(of 6)

Best time in the category: 1:32:25