



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Thurm, Ingo

Club: SC Impuls Erfurt
Number: 332

Course: 10.60 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 40:50

Speed: 15.58 km/h
Running performance: 3:51 min/km

Rank in course/Total: 2 (of 109)

Rank in course/Men: 2 (of 85)

Best time in course: 39:48

Rank in category: 1(of 11)

Best time in the category: 40:50