



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Royal, Manuel**

Club: Akavita-Runners  
Number: 414

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:42:46

Speed: 12.32 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 14 (of 56)

Rank in course/Men: 14 (of 49)

Best time in course: 1:30:09

Rank in category: 5(of 7)

Best time in the category: 1:30:09