



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Koch, Christian

Club: Run&Bike Schmalkalden
Number: 387

Course: 21.10 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:43:09

Speed: 12.22 km/h
Running performance: 4:53 min/km

Rank in course/Total: 16 (of 56)

Rank in course/Men: 16 (of 49)

Best time in course: 1:30:09

Rank in category: 3(of 7)

Best time in the category: 1:31:45