



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Helmich, Robert

Club: Arnstadt  
Number: 331

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 47:50

Speed: 12.54 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 13 (of 109)

Rank in course/Men: 12 (of 85)

Best time in course: 39:48

Rank in category: 6(of 19)

Best time in the category: 39:48