



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: 13.30 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