



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Bähr, Johannes**

Club: Traktor Rehestädt  
Number: 314

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 48:15

Speed: 12.44 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 16 (of 109)

Rank in course/Men: 15 (of 85)

Best time in course: 39:48

Rank in category: 3(of 7)

Best time in the category: 46:17