



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Haaße, Thomas

Club: Willmersdorf  
Number: 239

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 49:18

Speed: 12.90 km/h  
Running performance: 4:39 min/km

Rank in course/Total: 18 (of 109)

Rank in course/Men: 17 (of 85)

Best time in course: 39:48

Rank in category: 2(of 7)

Best time in the category: 46:23