



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Gerngroß, Thomas**

Club: ThSV 1886 Geschwenda  
Number: 232

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 50:54

Speed: 11.79 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 21 (of 109)

Rank in course/Men: 20 (of 85)

Best time in course: 39:48

Rank in category: 2(of 11)

Best time in the category: 40:50