



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Ziemke, Ingo

Club: Dream Team Ilmenau  
Number: 421

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:51:00

Speed: 11.41 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 31 (of 56)

Rank in course/Men: 30 (of 49)

Best time in course: 1:30:09

Rank in category: 1(of 9)

Best time in the category: 1:51:00