



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Kirst, Steffen

Club: SV 90 Gräfenroda
Number: 250

Course: 10.60 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:09

Speed: 12.43 km/h
Running performance: 4:50 min/km

Rank in course/Total: 23 (of 109)

Rank in course/Men: 21 (of 85)

Best time in course: 39:48

Rank in category: 3(of 11)

Best time in the category: 40:50