



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Krämer, Sascha

Club: Ilmenau
Number: 252

Course: 10.60 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 51:30

Speed: 11.65 km/h
Running performance: 4:52 min/km

Rank in course/Total: 25 (of 109)

Rank in course/Men: 24 (of 85)

Best time in course: 39:48

Rank in category: 4(of 7)

Best time in the category: 46:17