



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Henneberg, Thomas

Club: Die Bierkönige  
Number: 316

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 52:45

Speed: 12.06 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 33 (of 109)

Rank in course/Men: 32 (of 85)

Best time in course: 39:48

Rank in category: 11(of 19)

Best time in the category: 39:48