



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Zeiger, Thomas

Club: KLA

Number: 413

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:52:55

Speed: 11.16 km/h

Running performance: 5:21 min/km

Rank in course/Total: 33 (of 56)

Rank in course/Men: 31 (of 49)

Best time in course: 1:30:09

Rank in category: 5(of 6)

Best time in the category: 1:32:25