



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Seupt, Gordon

Club: SV TU Ilmenau
Number: 286

Course: 10.60 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:39

Speed: 11.85 km/h
Running performance: 5:04 min/km

Rank in course/Total: 35 (of 109)

Rank in course/Men: 34 (of 85)

Best time in course: 39:48

Rank in category: 4(of 11)

Best time in the category: 40:50