



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Kurtz, Ralf

Club: Erfurt
Number: 312

Course: 10.60 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 54:09

Speed: 11.08 km/h
Running performance: 5:07 min/km

Rank in course/Total: 36 (of 109)

Rank in course/Men: 35 (of 85)

Best time in course: 39:48

Rank in category: 4(of 7)

Best time in the category: 49:28