



41. Alteburglauf  
Arnstadt / 03.05.2019

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt  
Number: 284

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:33

Speed: 10.80 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 39 (of 109)

Rank in course/Men: 38 (of 85)

Best time in course: 39:48

Rank in category: 5(of 11)

Best time in the category: 40:50