



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Krauß, Dominik**

Club: SV 90 Gräfenroda  
Number: 254

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 55:48

Speed: 10.75 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 43 (of 109)

Rank in course/Men: 42 (of 85)

Best time in course: 39:48

Rank in category: 3(of 7)

Best time in the category: 46:23