



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Stonek, Christian**

Club: Liberales Laufteam  
Number: 290

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 56:18

Speed: 10.66 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 45 (of 109)

Rank in course/Men: 44 (of 85)

Best time in course: 39:48

Rank in category: 4(of 7)

Best time in the category: 46:23