



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau
Number: 277

Course: 10.60 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 56:30

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 46 (of 109)

Rank in course/Men: 45 (of 85)

Best time in course: 39:48

Rank in category: 4(of 14)

Best time in the category: 44:33