



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Neubauer, Michael**

Club: Baltininers  
Number: 308

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 56:33

Speed: 11.25 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 47 (of 109)

Rank in course/Men: 46 (of 85)

Best time in course: 39:48

Rank in category: 5(of 7)

Best time in the category: 46:17