



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Friedrich, Marcel

Club: Arnstadt  
Number: 306

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 56:54

Speed: 10.54 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 52 (of 109)

Rank in course/Men: 51 (of 85)

Best time in course: 39:48

Rank in category: 6(of 7)

Best time in the category: 46:17