



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Täschner, Lars

Club: Arnstadt
Number: 310

Course: 10.60 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 57:24

Speed: 10.45 km/h
Running performance: 5:25 min/km

Rank in course/Total: 54 (of 109)

Rank in course/Men: 52 (of 85)

Best time in course: 39:48

Rank in category: 7(of 7)

Best time in the category: 46:17