



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Krische, Jakob**

Club: Arnstadt  
Number: 255

Course: 10.60 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 57:25

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

Rank in course/Total: 55 (of 109)

Rank in course/Men: 53 (of 85)

Best time in course: 39:48

Rank in category: 3(of 5)

Best time in the category: 51:56