



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Simon, Holger**

Club: Schmalkalden  
Number: 287

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 58:32

Speed: 10.25 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 60 (of 109)

Rank in course/Men: 56 (of 85)

Best time in course: 39:48

Rank in category: 16(of 19)

Best time in the category: 39:48