



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Bangert, Holker**

Club: TVK Aikido  
Number: 222

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 58:36

Speed: 10.85 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 61 (of 109)

Rank in course/Men: 57 (of 85)

Best time in course: 39:48

Rank in category: 7(of 14)

Best time in the category: 44:33