



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Respondek, Steffen

Club: Amt Wachsenburg
Number: 399

Course: 21.10 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:00:33

Speed: 10.50 km/h
Running performance: 5:43 min/km

Rank in course/Total: 43 (of 56)

Rank in course/Men: 40 (of 49)

Best time in course: 1:30:09

Rank in category: 4(of 9)

Best time in the category: 1:51:00