



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: 10.45 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