



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Röder, Stefan

Club: www.mtb-thüringen.de
Number: 274

Course: 10.60 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:00:49

Speed: 9.87 km/h
Running performance: 5:44 min/km

Rank in course/Total: 72 (of 109)

Rank in course/Men: 65 (of 85)

Best time in course: 39:48

Rank in category: 6(of 7)

Best time in the category: 46:23