



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Prasser, Niels**

Club: Arnstadt  
Number: 268

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:01:56

Speed: 9.69 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 82 (of 109)

Rank in course/Men: 70 (of 85)

Best time in course: 39:48

Rank in category: 9(of 11)

Best time in the category: 40:50