



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Lenz, Florian

Club: erfurt  
Number: 416

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:04:36

Speed: 10.11 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 46 (of 56)

Rank in course/Men: 42 (of 49)

Best time in course: 1:30:09

Rank in category: 7(of 7)

Best time in the category: 1:31:45