



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau  
Number: 325

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:08:42

Speed: 9.26 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 100 (of 109)

Rank in course/Men: 79 (of 85)

Best time in course: 39:48

Rank in category: 14(of 14)

Best time in the category: 44:33