



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Berndt, Roland

Club: Erfurt
Number: 373

Course: 21.10 km
Halbmarathon

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:14:17

Speed: 9.38 km/h
Running performance: 6:22 min/km

Rank in course/Total: 55 (of 56)

Rank in course/Men: 48 (of 49)

Best time in course: 1:30:09

Rank in category: 3(of 3)

Best time in the category: 1:49:34