



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: 9.43 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