



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**RITZE, Detlef**

Club: Lauffreund Arnstadt Alteburg  
Number: 312

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 56:44

Speed: 10.58 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 78 (of 111)

Rank in course/Men: 62 (of 75)

Best time in course: 36:15

Rank in category: 2(of 4)

Best time in the category: 55:25