



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Thäsler, Sascha**

Club: Angelroda  
Number: 293

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:26

Speed: 10.27 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 58 (of 109)

Rank in course/Men: 55 (of 85)

Best time in course: 39:48

Rank in category: 8(of 11)

Best time in the category: 40:50