



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV Ilmenau 1908 e.V.  
Number: 246

Course: 10.60 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 59:13

Speed: 10.13 km/h

Running performance: 5:35 min/km

Rank in course/Total: 65 (of 109)

Rank in course/Men: 60 (of 85)

Best time in course: 39:48

Rank in category: 9(of 14)

Best time in the category: 44:33