



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Müller, Christoph

Club: Arnstadt  
Number: 304

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:04:28

Speed: 9.31 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 90 (of 109)

Rank in course/Men: 74 (of 85)

Best time in course: 39:48

Rank in category: 10(of 11)

Best time in the category: 40:50