



42. Alteburglauf  
Arnstadt / 10.09.2021

## Detailed evaluation

**Prasser, Niels**

Club: SG Motor Arnstadt  
Number: 37

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:08:33

Speed: 8.75 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 39 (of 46)

Rank in course/Men: 28 (of 33)

Best time in course: 41:51

Rank in category: 5(of 6)

Best time in the category: 53:04