



42. Alteburglauf  
Arnstadt / 10.09.2021

## Detailed evaluation

**Böse, Ralf**

Club: Rennsteiglauf e.V.  
Number: 12

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:13:23

Speed: 8.18 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 45 (of 46)

Rank in course/Men: 32 (of 33)

Best time in course: 41:51

Rank in category: 1(of 1)

Best time in the category: 1:13:23