



42. Alteburglauf
Arnstadt / 10.09.2021

Detailed evaluation

Esche, Christian

Club: Tripel-S

Number: 15

Course: 10.60 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 46:42

Speed: 12.85 km/h

Running performance: 4:25 min/km

Rank in course/Total: 4 (of 46)

Rank in course/Men: 4 (of 33)

Best time in course: 41:51

Rank in category: 2(of 5)

Best time in the category: 46:30