



42. Alteburglauf  
Arnstadt / 10.09.2021

## Detailed evaluation

**Ernemann, Sebastian**

Club: Kirmesverein Wüllersleben  
Number: 14

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 57:32

Speed: 10.43 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 22 (of 46)

Rank in course/Men: 18 (of 33)

Best time in course: 41:51

Rank in category: 4(of 4)

Best time in the category: 49:31