



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

Esche, Christian

Club: Triple S  
Number: 69

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 45:41

Speed: 13.13 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 8 (of 86)

Rank in course/Men: 8 (of 61)

Best time in course: 40:39

Rank in category: 4(of 10)

Best time in the category: 40:39