



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

**Senglaub, Arvid**

Club: Die flinken Gerataler  
Number: 136

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 51:14

Speed: 11.71 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 22 (of 86)

Rank in course/Men: 21 (of 61)

Best time in course: 40:39

Rank in category: 2(of 6)

Best time in the category: 45:36