



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

Tietze, Daniel

Club: OCR Team Laufladen Erfurt  
Number: 28

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 53:38

Speed: 11.19 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 30 (of 86)

Rank in course/Men: 28 (of 61)

Best time in course: 40:39

Rank in category: 5(of 12)

Best time in the category: 47:31