



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Cyriax, Andreas

Club: Gräfenroda
Number: 158

Course: 10.60 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 54:24

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 32 (of 86)

Rank in course/Men: 30 (of 61)

Best time in course: 40:39

Rank in category: 4(of 5)

Best time in the category: 42:34