



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

**Röhr, Ronald**

Club: SV Fortuna Singen  
Number: 125

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 56:49

Speed: 11.19 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 40 (of 86)

Rank in course/Men: 37 (of 61)

Best time in course: 40:39

Rank in category: 5(of 7)

Best time in the category: 50:53