



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

**Selter, Uwe**

Club: Waldbrunn  
Number: 134

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 59:52

Speed: 10.02 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 49 (of 86)

Rank in course/Men: 41 (of 61)

Best time in course: 40:39

Rank in category: 6(of 7)

Best time in the category: 50:53