



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

**Rabe, Daniel**

Club: Arnstadt  
Number: 122

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:00:12

Speed: 9.97 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 50 (of 86)

Rank in course/Men: 42 (of 61)

Best time in course: 40:39

Rank in category: 9(of 12)

Best time in the category: 47:31