



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Hildebrand, Heiko

Club: LSV Lok Arnstadt
Number: 89

Course: 10.60 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:00:37

Speed: 10.49 km/h
Running performance: 5:43 min/km

Rank in course/Total: 53 (of 86)

Rank in course/Men: 44 (of 61)

Best time in course: 40:39

Rank in category: 7(of 7)

Best time in the category: 50:53