



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Bangert, Holker

Club: Aikido Coburg
Number: 54

Course: 10.60 km
Hauptlauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:01:54

Speed: 9.69 km/h
Running performance: 5:50 min/km

Rank in course/Total: 59 (of 86)

Rank in course/Men: 48 (of 61)

Best time in course: 40:39

Rank in category: 4(of 4)

Best time in the category: 52:32