



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

**Sauer, Matthias**

Club: Traditionsverein Plaue  
Number: 129

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:03:47

Speed: 9.41 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 63 (of 86)

Rank in course/Men: 51 (of 61)

Best time in course: 40:39

Rank in category: 11(of 12)

Best time in the category: 47:31