



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Simon, Michael**

Club: Arnstadt  
Number: 141

Course: 1.20 km  
Schüler- und Jedermannslauf

Category:  
Jedermann 1,2 km

Total time: 8:12

Speed: 8.78 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 111 (of 157)

Rank in course/Men: 46 (of 70)

Best time in course: 5:14

Rank in category: 5(of 9)

Best time in the category: 5:14