



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Kästner, Emil**

Club: SG Motor Arnstadt  
Number: 64

Course: 1.20 km  
Schüler- und Jedermannslauf

Category:  
männliche Kinder U10 (8-9)

Total time: 10:03

Speed: 7.16 km/h  
Running performance: 8:22 min/km

Rank in course/Total: 137 (of 157)

Rank in course/Men: 59 (of 70)

Best time in course: 5:14

Rank in category: 21(of 21)

Best time in the category: 5:33