



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Rütze, Paul**

Club: SV 09 Arnstadt  
Number: 211

Course: 3.50 km  
Jugend- und Jedermannlauf

Category:  
männliche Jugend U14 (12-13)

Total time: 16:11

Speed: 11.12 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 13 (of 51)

Rank in course/Men: 8 (of 26)

Best time in course: 14:23

Rank in category: 3(of 9)

Best time in the category: 14:50