



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Zehr, Manuel

Club: Arnstadt
Number: 225

Course: 3.50 km
Jugend- und Jedermannlauf

Category:
Jedermann

Total time: 18:59

Speed: 9.48 km/h
Running performance: 5:25 min/km

Rank in course/Total: 37 (of 51)

Rank in course/Men: 20 (of 26)

Best time in course: 14:23

Rank in category: 4(of 6)

Best time in the category: 15:41