



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Stutzig, Henrik**

Club: Arnstadt  
Number: 311

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49)

Total time: 46:31

Speed: 13.67 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 7 (of 89)

Rank in course/Men: 7 (of 65)

Best time in course: 41:52

Rank in category: 1(of 13)

Best time in the category: 46:31