



44. Alteburglauf  
Arnstadt / 05.05.2023

Detailed evaluation

Thomas, Jens

Club: LG eXa Leipzig  
Number: 314

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44)

Total time: 47:15

Speed: 13.46 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 10 (of 89)

Rank in course/Men: 10 (of 65)

Best time in course: 41:52

Rank in category: 2(of 14)

Best time in the category: 41:52