



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Willing, Frank

Club: Amt wachsenburg
Number: 326

Course: 10.60 km
Hauptlauf

Category:
Senioren M40 (40-44)

Total time: 52:10

Speed: 11.50 km/h
Running performance: 4:55 min/km

Rank in course/Total: 16 (of 89)

Rank in course/Men: 16 (of 65)

Best time in course: 41:52

Rank in category: 3(of 14)

Best time in the category: 41:52