



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: 12.19 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