



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Grune, Sascha

Club: Rennsteig Borussen
Number: 257

Course: 10.60 km
Hauptlauf

Category:
Senioren M40 (40-44)

Total time: 53:05

Speed: 11.30 km/h
Running performance: 5:01 min/km

Rank in course/Total: 19 (of 89)

Rank in course/Men: 19 (of 65)

Best time in course: 41:52

Rank in category: 4(of 14)

Best time in the category: 41:52