



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Kirst, Steffen**

Club: SV90 Gräfenroda  
Number: 271

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49)

Total time: 53:47

Speed: 11.83 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 22 (of 89)

Rank in course/Men: 21 (of 65)

Best time in course: 41:52

Rank in category: 4(of 13)

Best time in the category: 46:31