



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Bauer, Jörg**

Club: Grundschule Ohrdruf  
Number: 234

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M60 (60-64)

Total time: 55:04

Speed: 10.90 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 26 (of 89)

Rank in course/Men: 25 (of 65)

Best time in course: 41:52

Rank in category: 1(of 6)

Best time in the category: 55:04