



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt
Number: 303

Course: 10.60 km
Hauptlauf

Category:
Senioren M50 (50-54)

Total time: 56:28

Speed: 10.63 km/h
Running performance: 5:20 min/km

Rank in course/Total: 34 (of 89)

Rank in course/Men: 31 (of 65)

Best time in course: 41:52

Rank in category: 5(of 8)

Best time in the category: 46:01