



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Wolfig, Uwe**

Club: Plaue  
Number: 293

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M55 (55-59)

Total time: 56:52

Speed: 10.55 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 37 (of 89)

Rank in course/Men: 33 (of 65)

Best time in course: 41:52

Rank in category: 3(of 5)

Best time in the category: 47:33