



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

Freitag, Timmy

Club: Freitagsfamily  
Number: 248

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M30 (30-34)

Total time: 57:31

Speed: 10.43 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 38 (of 89)

Rank in course/Men: 34 (of 65)

Best time in course: 41:52

Rank in category: 5(of 5)

Best time in the category: 44:50