



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Gering, Ronny**

Club: Arnstadt  
Number: 252

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44)

Total time: 57:58

Speed: 10.35 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 43 (of 89)

Rank in course/Men: 38 (of 65)

Best time in course: 41:52

Rank in category: 7(of 14)

Best time in the category: 41:52