



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Mämpel, Jörg

Club: Ilmenau
Number: 285

Course: 10.60 km
Hauptlauf

Category:
Senioren M40 (40-44)

Total time: 59:17

Speed: 10.12 km/h
Running performance: 5:35 min/km

Rank in course/Total: 44 (of 89)

Rank in course/Men: 39 (of 65)

Best time in course: 41:52

Rank in category: 8(of 14)

Best time in the category: 41:52