



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Stonek, Christian

Club: Liberales Laufteam
Number: 310

Course: 10.60 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:02:26

Speed: 9.61 km/h
Running performance: 5:53 min/km

Rank in course/Total: 57 (of 89)

Rank in course/Men: 44 (of 65)

Best time in course: 41:52

Rank in category: 7(of 13)

Best time in the category: 46:31