



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Bogen, Norman

Club: Laufftreff Alteburg
Number: 237

Course: 10.60 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:03:30

Speed: 9.45 km/h
Running performance: 5:59 min/km

Rank in course/Total: 60 (of 89)

Rank in course/Men: 46 (of 65)

Best time in course: 41:52

Rank in category: 8(of 13)

Best time in the category: 46:31