



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Frühauf, Dirk

Club: Geratal OT Geraberg
Number: 250

Course: 10.60 km
Hauptlauf

Category:
Senioren M40 (40-44)

Total time: 1:04:35

Speed: 9.85 km/h
Running performance: 6:05 min/km

Rank in course/Total: 66 (of 89)

Rank in course/Men: 50 (of 65)

Best time in course: 41:52

Rank in category: 10(of 14)

Best time in the category: 41:52