



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

Richter, Christian

Club: Arnstadt  
Number: 298

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49)

Total time: 1:07:49

Speed: 8.85 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 73 (of 89)

Rank in course/Men: 56 (of 65)

Best time in course: 41:52

Rank in category: 11(of 13)

Best time in the category: 46:31