



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Keil, Stefan**

Club: Drei Gleichen  
Number: 268

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M50 (50-54)

Total time: 1:08:54

Speed: 8.71 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 77 (of 89)

Rank in course/Men: 57 (of 65)

Best time in course: 41:52

Rank in category: 6(of 8)

Best time in the category: 46:01