



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Seiffge, Christian

Club: Erfurter Kampfsportzentrum e.V.
Number: 304

Course: 10.60 km
Hauptlauf

Category:
Senioren M40 (40-44)

Total time: 1:12:53

Speed: 8.23 km/h
Running performance: 6:53 min/km

Rank in course/Total: 82 (of 89)

Rank in course/Men: 62 (of 65)

Best time in course: 41:52

Rank in category: 14(of 14)

Best time in the category: 41:52