



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Dehmel, Gerhard**

Club: ThwV Ilmenau  
Number: 243

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M80 (80-84)

Total time: 1:17:43

Speed: 7.72 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 89 (of 89)

Rank in course/Men: 65 (of 65)

Best time in course: 41:52

Rank in category: 1(of 1)

Best time in the category: 1:17:43