



# 45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

## Detailed evaluation

Christian Stonek

Total time: 19:05

Number: 249

Speed: 9.43 km/h

Running performance: 5:27 min/km

Course: 3.50 km

Rank in course/Total: 8 (of 29)

Jedermannslauf 3,5 km

Rank in course/Men: 7 (of 16)

Best time in course: 16:37

Category:

Rank in category: 1(of 4)

Senioren M45 (45-49) B

Best time in the category: 19:05