



# 45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

## Detailed evaluation

Henning Rudolf

Total time: 18:30

Number: 209

Speed: 9.73 km/h

Running performance: 5:17 min/km

Course: 3.50 km

Rank in course/Total: 18 (of 31)

Jugendlauf

Rank in course/Men: 10 (of 15)

Best time in course: 14:07

Category:

Rank in category: 3(of 8)

männliche Jugend U14 (12-13) J

Best time in the category: 14:45