



# 45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

## Detailed evaluation

**Christian Esche**

Club: Triple-S

Number: 278

Course: 10.60 km

Hauptlauf

Category:

Senioren M35 (35-39) H

Total time: 49:17

Speed: 12.17 km/h

Running performance: 4:38 min/km

Rank in course/Total: 12 (of 101)

Rank in course/Men: 11 (of 68)

Best time in course: 42:05

Rank in category: 4(of 11)

Best time in the category: 47:12