



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Wolfram Kneise

Club: LSV Lok Arnstadt

Number: 312

Course: 10.60 km

Hauptlauf

Category:

Senioren M40 (40-44) H

Total time: 54:12

Speed: 11.73 km/h

Running performance: 5:06 min/km

Rank in course/Total: 25 (of 101)

Rank in course/Men: 19 (of 68)

Best time in course: 42:05

Rank in category: 5(of 16)

Best time in the category: 42:05