



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Norman Winkler

Club: Laufladen Erfurt OCR Team

Number: 363

Course: 10.60 km

Hauptlauf

Category:

Senioren M45 (45-49) H

Total time: 1:01:22

Speed: 9.78 km/h

Running performance: 5:47 min/km

Rank in course/Total: 55 (of 101)

Rank in course/Men: 43 (of 68)

Best time in course: 42:05

Rank in category: 6(of 9)

Best time in the category: 43:50