



# 45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

## Detailed evaluation

**Thomas Gerngroß**

Club: ThSV 1886 Geschwenda

Number: 282

Course: 10.60 km

Hauptlauf

Category:

Senioren M50 (50-54) H

Total time: 1:00:33

Speed: 9.91 km/h

Running performance: 5:42 min/km

Rank in course/Total: 53 (of 101)

Rank in course/Men: 40 (of 68)

Best time in course: 42:05

Rank in category: 2(of 5)

Best time in the category: 56:35