



32. Alteburglauf 2010  
Arnstadt / 30.04.2010

Detailed evaluation

Hein, Lisa

Club: Katholische Laufjugend Arnstadt  
Number: 84

Course: 3.50 km  
Jugendlauf

Category:  
AK 14 weiblich

Total time: 21:47

Speed: 9.64 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 12 (of 13)

Rank in course/Women: 6 (of 6)

Best time in course: 15:34

Rank in category: 3(of 3)

Best time in the category: 15:57