



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: 8.26 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