



32. Alteburglauf 2010  
Arnstadt / 30.04.2010

Detailed evaluation

Gräßer, Lisa

Club: SV 90 Gräfenroda  
Number: 143

Course: 1.20 km  
Schüler- und Jedermannlauf

Category:  
AK 9 weiblich

Total time: 6:57

Speed: 10.36 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 63 (of 125)

Rank in course/Women: 19 (of 53)

Best time in course: 5:39

Rank in category: 3(of 9)

Best time in the category: 6:31