



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Koburger, Karin

Club: Laufftreff Arnstadt

Number: 34

Course: 10.00 km

Hauptlauf

Category:

Frauen W45

Total time: 49:16

Speed: 12.18 km/h

Running performance: 4:56 min/km

Rank in course/Total: 56 (of 112)

Rank in course/Women: 4 (of 25)

Best time in course: 44:47

Rank in category: 3(of 6)

Best time in the category: 44:47