



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Pahn, Ingrid

Club: ZAPraxis Ichttershausen- EF

Number: 75

Course: 10.00 km

Hauptlauf

Category:

Frauen W45

Total time: 50:17

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 64 (of 112)

Rank in course/Women: 7 (of 25)

Best time in course: 44:47

Rank in category: 4(of 6)

Best time in the category: 44:47