



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Wenzel, Sabine

Club: LSV LOK Arnstadt

Number: 57

Course: 10.00 km

Hauptlauf

Category:

Frauen W40

Total time: 56:27

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course/Total: 95 (of 112)

Rank in course/Women: 16 (of 25)

Best time in course: 44:47

Rank in category: 4(of 5)

Best time in the category: 49:02