



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Seckel, Silvia

Club: Erfurt Nord

Number: 274

Course: 10.00 km

Hauptlauf

Category:

Frauen W50

Total time: 57:54

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 99 (of 112)

Rank in course/Women: 19 (of 25)

Best time in course: 44:47

Rank in category: 2(of 3)

Best time in the category: 50:31