



## 32. Alteburglauf 2010

Arnstadt / 30.04.2010

### Detailed evaluation

**Helbig, Katrin**

Club: SV Thuringia Königsee

Number: 20

Course: 10.00 km

Hauptlauf

Category:

Frauen W40

Total time: 59:10

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 101 (of 112)

Rank in course/Women: 20 (of 25)

Best time in course: 44:47

Rank in category: 5(of 5)

Best time in the category: 49:02