



32. Alteburglauf 2010

Arnstadt / 30.04.2010

Detailed evaluation

Raab, Marina

Club: LSV LOK Arnstadt

Number: 44

Course: 10.00 km

Hauptlauf

Category:

Frauen W50

Total time: 59:15

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 104 (of 112)

Rank in course/Women: 22 (of 25)

Best time in course: 44:47

Rank in category: 3(of 3)

Best time in the category: 50:31