



32. Alteburglauf 2010  
Arnstadt / 30.04.2010

Detailed evaluation

Gramsch, Alara

Club: Langewiesen

Number: 139

Course: 1.20 km

Schüler- und Jedermannlauf

Category:

AK 11 weiblich

Total time: 7:41

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 91 (of 125)

Rank in course/Women: 32 (of 53)

Best time in course: 5:39

Rank in category: 6(of 8)

Best time in the category: 5:43