



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Ziemke, Claudia**

Club: Deram Team Ilmenau

Number: 1761

Course: 10.00 km

Hauptlauf

Category:

Frauen W45

Total time: 46:08

Speed: 13.01 km/h

Running performance: 4:37 min/km

Rank in course/Total: 36 (of 120)

Rank in course/Women: 3 (of 31)

Best time in course: 43:12

Rank in category: 2(of 6)

Best time in the category: 44:28