



33. Alteburglauf Arnstadt
Arnstadt / 06.05.2011

Detailed evaluation

Pahn, Ingrid

Club: Ganzheitliche Zahnarztpraxis Pahn
Number: 1531

Course: 10.00 km
Hauptlauf

Category:
Frauen W45

Total time: 48:55

Speed: 12.27 km/h
Running performance: 4:53 min/km

Rank in course/Total: 51 (of 120)

Rank in course/Women: 6 (of 31)

Best time in course: 43:12

Rank in category: 3(of 6)

Best time in the category: 44:28