



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Sternkieker, Yvonne**

Club: Erfurt

Number: 1747

Course: 10.00 km

Hauptlauf

Category:

Frauen W30

Total time: 52:25

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 79 (of 120)

Rank in course/Women: 12 (of 31)

Best time in course: 43:12

Rank in category: 1(of 4)

Best time in the category: 52:25