



33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

Detailed evaluation

Ratzlow, Cordula

Club: Katholische Laufjugend Arnstadt

Number: 1541

Course: 10.00 km

Hauptlauf

Category:

Frauen W45

Total time: 57:46

Speed: 10.39 km/h

Running performance: 5:47 min/km

Rank in course/Total: 104 (of 120)

Rank in course/Women: 20 (of 31)

Best time in course: 43:12

Rank in category: 6(of 6)

Best time in the category: 44:28