



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

Treflich, Susanne

Club: Ichtshausen

Number: 1557

Course: 10.00 km

Hauptlauf

Category:

Frauen W30

Total time: 1:00:24

Speed: 9.93 km/h

Running performance: 6:02 min/km

Rank in course/Total: 108 (of 120)

Rank in course/Women: 24 (of 31)

Best time in course: 43:12

Rank in category: 3(of 4)

Best time in the category: 52:25