



34. Alteburglauf  
Arnstadt / 04.05.2012

## Detailed evaluation

Ritter, Freya

Club: SPORTident  
Number: 1913

Course: 10.00 km  
Hauptlauf

Category:  
Frauen (20-29 Jahre)

Total time: 55:00

Speed: 10.91 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 83 (of 125)

Rank in course/Women: 8 (of 28)

Best time in course: 42:16

Rank in category: 2(of 7)

Best time in the category: 42:16