



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

**Sahl, Birgit**

Club: Siegelbach

Number: 471

Course: 3.50 km

Jugendlauf

Total time: 23:07

Speed: 7.79 km/h

Running performance: 6:36 min/km

Rank in course/Total: 33 (of 35)

Rank in course/Women: 18 (of 19)

Best time in course: 15:13

Rank in category: 3(of 4)

Best time in the category: 20:41