



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Knoblich, Petra

Club: Arnstadt

Number: 400

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 46:57

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 47 (of 133)

Rank in course/Women: 4 (of 29)

Best time in course: 41:26

Rank in category: 2(of 6)

Best time in the category: 44:50