



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Bärwolf, Silvia

Club: Lauffreud Breitungeu

Number: 367

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 47:13

Speed: 12.71 km/h

Running performance: 4:43 min/km

Rank in course/Total: 49 (of 133)

Rank in course/Women: 5 (of 29)

Best time in course: 41:26

Rank in category: 1(of 6)

Best time in the category: 47:13