



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

**Esche, Sonja**

Club: LSV Lok Arnstadt

Number: 456

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 51:14

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 78 (of 133)

Rank in course/Women: 8 (of 29)

Best time in course: 41:26

Rank in category: 2(of 6)

Best time in the category: 47:13