



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Heyder, Larissa

Club: Laufftreff Alteburg Arnstadt

Number: 388

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:02:58

Speed: 9.53 km/h

Running performance: 6:18 min/km

Rank in course/Total: 120 (of 133)

Rank in course/Women: 21 (of 29)

Best time in course: 41:26

Rank in category: 4(of 6)

Best time in the category: 54:50