



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Amm, Simone

Club: Arnstadt

Number: 457

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:03:07

Speed: 9.51 km/h

Running performance: 6:19 min/km

Rank in course/Total: 122 (of 133)

Rank in course/Women: 22 (of 29)

Best time in course: 41:26

Rank in category: 5(of 6)

Best time in the category: 54:50