



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Menge, Simone

Club: Holzhausen

Number: 410

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:11:41

Speed: 8.37 km/h

Running performance: 7:10 min/km

Rank in course/Total: 132 (of 133)

Rank in course/Women: 28 (of 29)

Best time in course: 41:26

Rank in category: 6(of 6)

Best time in the category: 54:50