



37. Alteburglauf  
Arnstadt / 30.04.2015

## Detailed evaluation

Heyder, Larissa

Club: Laufftreff Alteburg Arnstadt  
Number: 223

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 55:52

Speed: 10.74 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 78 (of 101)

Rank in course/Women: 13 (of 22)

Best time in course: 42:40

Rank in category: 3(of 4)

Best time in the category: 49:52