



37. Alteburglauf  
Arnstadt / 30.04.2015

## Detailed evaluation

**Förster, Rebecca**

Club: Laufgruppe Fröhlich :-)  
Number: 211

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 58:52

Speed: 10.19 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 91 (of 101)

Rank in course/Women: 18 (of 22)

Best time in course: 42:40

Rank in category: 4(of 4)

Best time in the category: 49:52