



37. Alteburglauf  
Arnstadt / 30.04.2015

## Detailed evaluation

Sechel, Silvia

Number: 191

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 1:03:51

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course/Total: 98 (of 101)

Rank in course/Women: 22 (of 22)

Best time in course: 42:40

Rank in category: 4(of 4)

Best time in the category: 52:19