



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Ziermke, Claudia

Club: Dream Team Ilmenau  
Number: 304

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 44:56

Speed: 13.35 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 37 (of 125)

Rank in course/Women: 1 (of 25)

Best time in course: 44:56

Rank in category: 1(of 3)

Best time in the category: 44:56