



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

**Bärwolf, Silvia**

Club: Lauffreud Breitungem  
Number: 183

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 48:36

Speed: 12.35 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 54 (of 125)

Rank in course/Women: 3 (of 25)

Best time in course: 44:56

Rank in category: 1(of 2)

Best time in the category: 48:36