



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Heyder, Larissa

Club: Laufftreff Alteburg Arnstadt  
Number: 212

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 54:29

Speed: 11.01 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 101 (of 125)

Rank in course/Women: 13 (of 25)

Best time in course: 44:56

Rank in category: 3(of 6)

Best time in the category: 51:24