



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Gillner, Michaela

Number: 345

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 54:50

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 103 (of 125)

Rank in course/Women: 14 (of 25)

Best time in course: 44:56

Rank in category: 4(of 5)

Best time in the category: 49:59