



38. Alteburglauf
Arnstadt / 04.05.2016

Detailed evaluation

Manger, Isabel

Club: Langewiesen
Number: 224

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 58:19

Speed: 10.29 km/h
Running performance: 5:50 min/km

Rank in course/Total: 111 (of 125)

Rank in course/Women: 16 (of 25)

Best time in course: 44:56

Rank in category: 5(of 5)

Best time in the category: 49:59