



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Kirchner, Manuela

Number: 344

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:02:22

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 117 (of 125)

Rank in course/Women: 19 (of 25)

Best time in course: 44:56

Rank in category: 2(of 4)

Best time in the category: 50:05