



39. Alteburglauf
Arnstadt / 05.05.2017

Detailed evaluation

HEYDER, Larissa

Club: Laufftreff Alteburg Arnstadt
Number: 326

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 55:40

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 81 (of 106)

Rank in course/Women: 12 (of 24)

Best time in course: 41:36

Rank in category: 3(of 6)

Best time in the category: 53:25