



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**BOGEN, Ines**

Club: LT Alteburg  
Number: 257

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 55:53

Speed: 10.74 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 75 (of 111)

Rank in course/Women: 15 (of 36)

Best time in course: 45:26

Rank in category: 3(of 7)

Best time in the category: 46:49