



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**JACOB, Yvonne**

Club: Sparkasse Arnstadt-Ilmenau  
Number: 291

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:47

Speed: 8.85 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 104 (of 111)

Rank in course/Women: 31 (of 36)

Best time in course: 45:26

Rank in category: 7(of 7)

Best time in the category: 46:49