



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Jacob, Catrin

Club: Arnstadt  
Number: 248

Course: 10.60 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 57:16

Speed: 10.48 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 53 (of 109)

Rank in course/Women: 2 (of 24)

Best time in course: 46:15

Rank in category: 1(of 6)

Best time in the category: 57:16