



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Buschbeck, Deniese**

Club: Langewiesen  
Number: 228

Course: 10.60 km  
Hauptlauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:00:34

Speed: 10.50 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 71 (of 109)

Rank in course/Women: 7 (of 24)

Best time in course: 46:15

Rank in category: 2(of 2)

Best time in the category: 59:04