



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Oswald, Annett

Club: Saalfleder LV  
Number: 264

Course: 10.60 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:01:30

Speed: 9.76 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 79 (of 109)

Rank in course/Women: 10 (of 24)

Best time in course: 46:15

Rank in category: 4(of 6)

Best time in the category: 57:16