



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Seiffge, Claudia

Club: Plaue
Number: 285

Course: 10.60 km
Hauptlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:01:31

Speed: 9.75 km/h
Running performance: 5:48 min/km

Rank in course/Total: 80 (of 109)

Rank in course/Women: 12 (of 24)

Best time in course: 46:15

Rank in category: 5(of 6)

Best time in the category: 57:16