



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

Tittelbach-Helmrich, Uta

Club: Alkersleben  
Number: 140

Course: 10.60 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 56:08

Speed: 11.33 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 38 (of 86)  
Rank in course/Women: 3 (of 25)  
Best time in course: 48:57

Rank in category: 1(of 6)  
Best time in the category: 56:08