



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: 10.69 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