



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

Häfner, Heidi

Club: SV 90 Gräfenroda e.V.  
Number: 185

Course: 3.50 km  
Jugend- und Jedermannlauf

Category:  
weibliche Jugend U14 (12-13)

Total time: 18:45

Speed: 9.60 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 36 (of 51)  
Rank in course/Women: 17 (of 25)  
Best time in course: 13:38

Rank in category: 8(of 11)  
Best time in the category: 15:23