



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Selig, Aileen**

Club: TRCT Racing Team  
Number: 306

Course: 10.60 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44)

Total time: 59:45

Speed: 10.04 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 45 (of 89)

Rank in course/Women: 6 (of 24)

Best time in course: 53:35

Rank in category: 2(of 6)

Best time in the category: 56:01