



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Ehmcke, Stefanie

Club: Stadtilm
Number: 245

Course: 10.60 km
Hauptlauf

Category:
Seniorinnen W35 (35-39)

Total time: 1:00:12

Speed: 9.97 km/h
Running performance: 5:41 min/km

Rank in course/Total: 46 (of 89)

Rank in course/Women: 7 (of 24)

Best time in course: 53:35

Rank in category: 1(of 5)

Best time in the category: 1:00:12