



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

Holland-Letz, Lara

Club: SG Jugendkraft Crawinkel e.V.  
Number: 54

Course: 1.20 km  
Schüler- und Jedermannslauf

Category:  
Jederfrau 1,2 km

Total time: 6:40

Speed: 9.00 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 53 (of 157)

Rank in course/Women: 27 (of 87)

Best time in course: 5:34

Rank in category: 4(of 12)

Best time in the category: 5:34