



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Seiffge, Claudia

Club: Plaue
Number: 305

Course: 10.60 km
Hauptlauf

Category:
Seniorinnen W45 (45-49)

Total time: 1:01:57

Speed: 9.69 km/h
Running performance: 5:50 min/km

Rank in course/Total: 53 (of 89)
Rank in course/Women: 11 (of 24)
Best time in course: 53:35

Rank in category: 1(of 2)
Best time in the category: 1:01:57