



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