



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Simons, Meggie

Club: Amt Wachsenburg
Number: 307

Course: 10.60 km
Hauptlauf

Category:
Seniorinnen W30 (30-34)

Total time: 1:05:20

Speed: 9.18 km/h
Running performance: 6:10 min/km

Rank in course/Total: 69 (of 89)
Rank in course/Women: 17 (of 24)
Best time in course: 53:35

Rank in category: 4(of 4)
Best time in the category: 53:35