



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Lohse, Nicole

Club: Stadtilm
Number: 283

Course: 10.60 km
Hauptlauf

Category:
Seniorinnen W40 (40-44)

Total time: 1:14:44

Speed: 8.03 km/h
Running performance: 7:03 min/km

Rank in course/Total: 87 (of 89)
Rank in course/Women: 23 (of 24)
Best time in course: 53:35

Rank in category: 6(of 6)
Best time in the category: 56:01