



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

Kiefer, Anja

Club: Arnstadt  
Number: 270

Course: 10.60 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44)

Total time: 1:11:35

Speed: 8.38 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 80 (of 89)  
Rank in course/Women: 20 (of 24)  
Best time in course: 53:35

Rank in category: 5(of 6)  
Best time in the category: 56:01