



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

### Freitag, Undine

Club: Freitagsfamily  
Number: 249

Course: 10.60 km  
Hauptlauf

Category:  
Seniorinnen W50 (50-54)

Total time: 1:13:10

Speed: 8.20 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 84 (of 89)

Rank in course/Women: 21 (of 24)

Best time in course: 53:35

Rank in category: 2(of 2)

Best time in the category: 1:03:25