



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

Gräßler, Jenny

Club: Arnstadt  
Number: 253

Course: 10.60 km  
Hauptlauf

Category:  
Seniorinnen W35 (35-39)

Total time: 1:15:06

Speed: 7.99 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 88 (of 89)  
Rank in course/Women: 24 (of 24)  
Best time in course: 53:35

Rank in category: 5(of 5)  
Best time in the category: 1:00:12