



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

Ionov, Athena

Club: Erfurt  
Number: 57

Course: 1.20 km  
Schüler- und Jedermannslauf

Category:  
weibliche Kinder U10 (8-9)

Total time: 7:13

Speed: 9.98 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 76 (of 157)

Rank in course/Women: 42 (of 87)

Best time in course: 5:34

Rank in category: 17(of 34)

Best time in the category: 5:56