



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Ionov, Zoia

Club: Erfurt
Number: 58

Course: 1.20 km
Schüler- und Jedermannslauf

Category:
Jederfrau 1,2 km

Total time: 8:09

Speed: 8.83 km/h
Running performance: 6:47 min/km

Rank in course/Total: 108 (of 157)

Rank in course/Women: 63 (of 87)

Best time in course: 5:34

Rank in category: 10(of 12)

Best time in the category: 5:34