



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: 7.36 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