



44. Alteburglauf  
Arnstadt / 05.05.2023

Detailed evaluation

Röder, Heidi

Club: Arnstadt  
Number: 115

Course: 1.20 km  
Schüler- und Jedermannslauf

Category:  
weibliche Kinder U6 (4-5)

Total time: 9:57

Speed: 6.03 km/h  
Running performance: 8:17 min/km

Rank in course/Total: 135 (of 157)

Rank in course/Women: 77 (of 87)

Best time in course: 5:34

Rank in category: 2(of 9)

Best time in the category: 8:27