



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Susanne Henning

Club: SG Einheit Arnstadt e.V

Number: 235

Course: 3.50 km

Jedermannslauf 3,5 km

Category:

Seniorinnen W40 (40-44) B

Total time: 28:07

Speed: 6.40 km/h

Running performance: 8:01 min/km

Rank in course/Total: 25 (of 29)

Rank in course/Women: 11 (of 13)

Best time in course: 16:16

Rank in category: 4(of 4)

Best time in the category: 16:16