



# 45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

## Detailed evaluation

**Heidi Häfner**

Club: SV 90 Gräfenroda e.V.

Number: 189

Course: 3.50 km

Jugendlauf

Category:

weibliche Jugend U14 (12-13) J

Total time: 20:06

Speed: 8.96 km/h

Running performance: 5:44 min/km

Rank in course/Total: 23 (of 31)

Rank in course/Women: 12 (of 16)

Best time in course: 15:11

Rank in category: 5(of 8)

Best time in the category: 15:57