



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

Hohenstein, Laura

Club: Erfurter LAC

Number: 6

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W13 (13 Jahre)

Total time: 12:22

Speed: 14.56 km/h

Running performance: 04:07 min/km

Rank in course/Total: 4 (of 78)

Rank in course/Women: 1 (of 32)

Best time in course: 12:22

Rank in category: 1(of 12)

Best time in the category: 12:22