



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

Henck, Sophia

Club: LSV Lok Arnstadt  
Number: 79

Course: 3.00 km  
McDonald`s 3-km-Lauf

Category:  
weibliche Jugend W12 (12 Jahre)

Total time: 13:43

Speed: 13.12 km/h  
Running performance: 04:34 min/km

Rank in course/Total: 17 (of 78)

Rank in course/Women: 7 (of 32)

Best time in course: 12:22

Rank in category: 3(of 14)

Best time in the category: 12:58