



23. Arnstädter Citylauf
Arnstadt / 27.04.2013

Detailed evaluation

Knabe, Julia

Club: ThSV 1886 Geschwenda
Number: 11

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

Category:
weibliche Jugend W13 (13 Jahre)

Total time: 14:14

Speed: 12.65 km/h
Running performance: 4:44 min/km

Rank in course/Total: 12 (of 19)

Rank in course/Women: 4 (of 9)

Best time in course: 12:53

Rank in category: 3(of 4)

Best time in the category: 12:53