



23. Arnstädter Citylauf  
Arnstadt / 27.04.2013

Detailed evaluation

Heißner, Antonia

Club: LSV Lok Arnstadt  
Number: 20

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

Category:  
weibliche Kinder W11 (11 Jahre)

Total time: 17:32

Speed: 10.27 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 19 (of 19)

Rank in course/Women: 9 (of 9)

Best time in course: 12:53

Rank in category: 4(of 4)

Best time in the category: 13:27