



24. Arnstädter Citylauf
Arnstadt / 26.04.2014

Detailed evaluation

Heißner, Antonia

Club: LSV Lok Arnstadt
Number: 5

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

Category:
weibliche Jugend W12 (12 Jahre)

Total time: 14:25

Speed: 12.49 km/h
Running performance: 4:49 min/km

Rank in course/Total: 17 (of 25)
Rank in course/Women: 6 (of 13)
Best time in course: 11:42

Rank in category: 3(of 5)
Best time in the category: 12:57