



24. Arnstädter Citylauf  
Arnstadt / 26.04.2014

Detailed evaluation

Ziesing, Amelie

Club: TSV09 Arnstadt  
Number: 13

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

Category:  
weibliche Jugend W12 (12 Jahre)

Total time: 15:18

Speed: 11.76 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 19 (of 25)  
Rank in course/Women: 8 (of 13)  
Best time in course: 11:42

Rank in category: 4(of 5)  
Best time in the category: 12:57