



24. Arnstädter Citylauf
Arnstadt / 26.04.2014

Detailed evaluation

Posniak, Lena

Club: SV Sömmerda
Number: 10

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

Category:
weibliche Jugend W13 (13 Jahre)

Total time: 12:08

Speed: 14.84 km/h
Running performance: 4:02 min/km

Rank in course/Total: 5 (of 25)
Rank in course/Women: 2 (of 13)
Best time in course: 11:42

Rank in category: 2(of 3)
Best time in the category: 11:42