



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

**Erdmann, Helena**

Club: LSV Lok Arnstadt  
Number: 104

Course: 3.50 km  
Jugend- und Jedermannlauf

Category:  
weibliche Kinder W12 (12 Jahre)

Total time: 17:55

Speed: 10.05 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 43 (of 68)

Rank in course/Women: 9 (of 22)

Best time in course: 15:24

Rank in category: 1(of 4)

Best time in the category: 17:55