



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

**Manzke, Helena**

Club: LSV Lok Arnstadt  
Number: 48

Course: 1.20 km  
Schüler- und Jedermannslauf

Category:  
weibliche Kinder W9 (9 Jahre)

Total time: 6:03

Speed: 9.92 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 17 (of 124)

Rank in course/Women: 5 (of 58)

Best time in course: 5:47

Rank in category: 1(of 12)

Best time in the category: 6:03