



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**ERDMANN, Helena**

Club: LSV Lok Arnstadt  
Number: 15

Course: 1.20 km  
Schüler- und Jedermannslauf

Category:  
Jedermannklasse weiblich

Total time: 6:19

Speed: 11.40 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 35 (of 100)

Rank in course/Women: 12 (of 46)

Best time in course: 5:54

Rank in category: 2(of 12)

Best time in the category: 6:02