



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Helmrich, Helene

Club: LSV Lok Arnstadt
Number: 29

Course: 1.20 km
Schüler- und Jedermannslauf

Category:
weibliche Kinder W11 (11 Jahre)

Total time: 6:29

Speed: 11.11 km/h
Running performance: 5:24 min/km

Rank in course/Total: 30 (of 102)

Rank in course/Women: 12 (of 51)

Best time in course: 5:37

Rank in category: 6(of 11)

Best time in the category: 5:48