



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: 9.25 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