



42. Alteburglauf  
Arnstadt / 10.09.2021

## Detailed evaluation

**Erdmann, Helena**

Club: LSV Lok Arnstadt  
Number: 347

Course: 3.50 km  
Jugend- und Jedermannlauf

Category:  
weibliche Jugend U18 (16-17 Jahre)

Total time: 18:33

Speed: 9.70 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 13 (of 25)  
Rank in course/Women: 7 (of 11)  
Best time in course: 14:31

Rank in category: 1(of 1)  
Best time in the category: 18:33