



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

**Erdmann, Helena**

Club: LSV Lok Arnstadt  
Number: 207

Course: 3.50 km  
Jugend- und Jedermannlauf

Category:  
Jederfrau

Total time: 17:32

Speed: 10.27 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 25 (of 48)  
Rank in course/Women: 10 (of 24)  
Best time in course: 15:17

Rank in category: 1(of 6)  
Best time in the category: 17:32