



41. Kienberglauf  
Oehrenstock / 25.09.2022

Detailed evaluation

Manzke, Helena Danae

Club: LSV Lok Arnstadt  
Number: 35

Course: 2.40 km  
2 km Lauf

Category:  
weibliche Jugend U16 (14-15 Jahre)

Total time: 9:46

Speed: 12.29 km/h  
Running performance: 4:04 min/km

Rank in course/Total: 1 (of 56)  
Rank in course/Women: 1 (of 31)

Best time in course: 9:46

Rank in category: 1(of 3)  
Best time in the category: 9:46