



Erdmann, Helena

□□: LSV Lok Arnstadt

□□: 164

□□: 3.00 km

McDonald`s 3-km-Lauf

weibliche Jugend U20 (18-19 Jahre)

□□□: 15:32

□□: 11.59 km/h

□□□□: 5:11 min/km

_____: 23 (of 30)

□□□□□/□: 10 (of 16)

[][]: 1(of 2)

____: **15:32**

	km		min/km	-	-			km		min/km	-	-		
<u> </u>	1.72	8:30	4:56	1	-	7	2:10	1.72	8:30	4:56	1	-	7	2:10
□□□ Ziel	1.28	7:02	5:29	1	-	11	2:08	3.00	15:32	5:10	1	-	10	4:18