



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Herzer, Nils

Club: LSV Lok Arnstadt
Number: 6

Course: 3.00 km
McDonald`s Schüler-Lauf

Category:
männlich, AK 11

Total time: 12:03

Speed: 14.94 km/h
Running performance: 4:01 min/km

Rank in course/Total: 3 (of 33)

Rank in course/Men: 2 (of 15)

Best time in course: 11:42

Rank in category: 2(of 3)

Best time in the category: 11:42