



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Frübing, Jasmin

Club: ZSG Waltershausen

Number: 4

Course: 3.00 km

McDonald`s Schüler-Lauf

Category:

weiblich, AK 11

Total time: 13:09

Speed: 13.69 km/h

Running performance: 4:23 min/km

Rank in course/Total: 8 (of 33)

Rank in course/Women: 4 (of 18)

Best time in course: 12:01

Rank in category: 1(of 6)

Best time in the category: 13:09