



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

**Jaworski, Norman**

Club: LSV Lok Arnstadt  
Number: 12

Course: 3.00 km  
McDonald`s Schüler-Lauf

Category:  
männlich, AK 13

Total time: 14:53

Speed: 12.09 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 23 (of 33)

Rank in course/Men: 12 (of 15)

Best time in course: 11:42

Rank in category: 2(of 2)

Best time in the category: 12:49