



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Pflügner, Moritz

Club: Karateverein Arnstadt
Number: 24

Course: 3.00 km
McDonald`s Schüler-Lauf

Category:
männlich, AK 12

Total time: 15:25

Speed: 11.68 km/h
Running performance: 5:08 min/km

Rank in course/Total: 24 (of 33)

Rank in course/Men: 13 (of 15)

Best time in course: 11:42

Rank in category: 6(of 8)

Best time in the category: 12:12