



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Zeiger, Christian

Club: Arnstadt
Number: 11

Course: 3.00 km
McDonald`s Schüler-Lauf

Category:
männlich, AK 12

Total time: 16:36

Speed: 10.84 km/h
Running performance: 5:32 min/km

Rank in course/Total: 29 (of 33)

Rank in course/Men: 15 (of 15)

Best time in course: 11:42

Rank in category: 8(of 8)

Best time in the category: 12:12