



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Thüring, Mark

Club: SV Edelweiß Crock

Number: 75

Course: 5.00 km

McDonald`s Lauf

Category:

männlich, AK 14

Total time: 19:13

Speed: 15.61 km/h

Running performance: 3:50 min/km

Rank in course/Total: 6 (of 49)

Rank in course/Men: 6 (of 30)

Best time in course: 17:50

Rank in category: 1(of 2)

Best time in the category: 19:13