



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

**Mourad, Achmad**

Club: BKK Schwenninger  
Number: 86

Course: 5.00 km  
McDonald`s Lauf

Category:  
Männer M35

Total time: 19:21

Speed: 15.50 km/h  
Running performance: 3:52 min/km

Rank in course/Total: 8 (of 49)

Rank in course/Men: 8 (of 30)

Best time in course: 17:50

Rank in category: 1(of 2)

Best time in the category: 19:21