



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend Arnstadt
Number: 72

Course: 5.00 km
McDonald`s Lauf

Category:
Männer M20

Total time: 19:51

Speed: 15.11 km/h
Running performance: 3:58 min/km

Rank in course/Total: 9 (of 49)

Rank in course/Men: 9 (of 30)

Best time in course: 17:50

Rank in category: 3(of 6)

Best time in the category: 17:55