



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

Heinze, Juliane

Club: AC Apolda  
Number: 66

Course: 5.00 km  
McDonald`s Lauf

Category:  
Frauen W20

Total time: 19:53

Speed: 15.09 km/h  
Running performance: 3:59 min/km

Rank in course/Total: 10 (of 49)  
Rank in course/Women: 1 (of 19)  
Best time in course: 19:53

Rank in category: 1(of 8)  
Best time in the category: 19:53