



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Hamsch-Friske, Oliver

Club: USV Erfurt
Number: 111

Course: 5.00 km
McDonald`s Lauf

Category:
Männer M40

Total time: 20:27

Speed: 14.67 km/h
Running performance: 4:05 min/km

Rank in course/Total: 11 (of 49)

Rank in course/Men: 10 (of 30)

Best time in course: 17:50

Rank in category: 1(of 2)

Best time in the category: 20:27