



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

Beck, Christian

Club: SV 1899 Mühlhausen  
Number: 76

Course: 5.00 km  
McDonald`s Lauf

Category:  
männlich, AK 15

Total time: 21:19

Speed: 14.07 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 12 (of 49)

Rank in course/Men: 11 (of 30)

Best time in course: 17:50

Rank in category: 4(of 5)

Best time in the category: 17:50