



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

**Frontke, Antonia**

Club: SV 1899 Mühlhausen  
Number: 118

Course: 5.00 km  
McDonald`s Lauf

Category:  
weiblich, AK 15

Total time: 21:30

Speed: 13.95 km/h  
Running performance: 4:18 min/km

Rank in course/Total: 13 (of 49)

Rank in course/Women: 2 (of 19)

Best time in course: 19:53

Rank in category: 1(of 3)

Best time in the category: 21:30