



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Reiche, Frank

Club: SG Motor Arnstadt
Number: 88

Course: 5.00 km
McDonald`s Lauf

Category:
Männer M45

Total time: 21:33

Speed: 13.92 km/h
Running performance: 4:19 min/km

Rank in course/Total: 14 (of 49)

Rank in course/Men: 12 (of 30)

Best time in course: 17:50

Rank in category: 1(of 4)

Best time in the category: 21:33