



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

Gernegroß, Thomas

Club: ThSV 1886 Geschwenda  
Number: 87

Course: 5.00 km  
McDonald`s Lauf

Category:  
Männer M40

Total time: 21:41

Speed: 13.84 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 15 (of 49)

Rank in course/Men: 13 (of 30)

Best time in course: 17:50

Rank in category: 2(of 2)

Best time in the category: 20:27