



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

Frankenberg, Richard

Club: BKK Schwenninger  
Number: 90

Course: 5.00 km  
McDonald`s Lauf

Category:  
männliche Jugend A

Total time: 21:44

Speed: 13.80 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 16 (of 49)

Rank in course/Men: 14 (of 30)

Best time in course: 17:50

Rank in category: 1(of 2)

Best time in the category: 21:44