



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

**Kaiser, Marco**

Club: Katholische Laufjugend Arnstadt  
Number: 69

Course: 5.00 km  
McDonald`s Lauf

Category:  
Männer M30

Total time: 21:56

Speed: 13.68 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 19 (of 49)

Rank in course/Men: 17 (of 30)

Best time in course: 17:50

Rank in category: 1(of 2)

Best time in the category: 21:56