



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

ernst, beate

Club: sonntagsläufer tambach-dietharz  
Number: 73

Course: 5.00 km  
McDonald`s Lauf

Category:  
Frauen W45

Total time: 22:00

Speed: 13.64 km/h  
Running performance: 4:24 min/km

Rank in course/Total: 20 (of 49)  
Rank in course/Women: 3 (of 19)  
Best time in course: 19:53

Rank in category: 1(of 2)  
Best time in the category: 22:00