



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Raßmann, Pascale-Sophie

Club: PSV Meiningen

Number: 95

Course: 5.00 km

McDonald`s Lauf

Category:

weiblich, AK 14

Total time: 22:51

Speed: 13.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 22 (of 49)

Rank in course/Women: 4 (of 19)

Best time in course: 19:53

Rank in category: 1(of 1)

Best time in the category: 22:51