



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt
Number: 71

Course: 5.00 km
McDonald`s Lauf

Category:
Männer M45

Total time: 23:02

Speed: 13.02 km/h
Running performance: 4:37 min/km

Rank in course/Total: 23 (of 49)

Rank in course/Men: 19 (of 30)

Best time in course: 17:50

Rank in category: 2(of 4)

Best time in the category: 21:33