



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Gentzel, Marie Kristin

Club: Lauffreunde Gotha
Number: 96

Course: 5.00 km
McDonald`s Lauf

Category:
weiblich, AK 15

Total time: 23:22

Speed: 12.84 km/h
Running performance: 4:40 min/km

Rank in course/Total: 24 (of 49)
Rank in course/Women: 5 (of 19)
Best time in course: 19:53

Rank in category: 2(of 3)
Best time in the category: 21:30