



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

ernst, anna-maria

Club: sonntagsläufer tambach-dietharz  
Number: 98

Course: 5.00 km  
McDonald`s Lauf

Category:  
Frauen W20

Total time: 24:50

Speed: 12.08 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 28 (of 49)

Rank in course/Women: 7 (of 19)

Best time in course: 19:53

Rank in category: 3(of 8)

Best time in the category: 19:53