



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Graff, Mario

Club: Katholische Laufjugend Arnstadt
Number: 84

Course: 5.00 km
McDonald`s Lauf

Category:
Männer M30

Total time: 25:16

Speed: 11.87 km/h
Running performance: 5:03 min/km

Rank in course/Total: 29 (of 49)

Rank in course/Men: 22 (of 30)

Best time in course: 17:50

Rank in category: 2(of 2)

Best time in the category: 21:56