



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Leffler, Nicole

Club: Katholische Laufjugend Arnstadt
Number: 99

Course: 5.00 km
McDonald`s Lauf

Category:
Frauen W20

Total time: 26:29

Speed: 11.33 km/h
Running performance: 5:18 min/km

Rank in course/Total: 32 (of 49)
Rank in course/Women: 8 (of 19)
Best time in course: 19:53

Rank in category: 4(of 8)
Best time in the category: 19:53