



## 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

### Detailed evaluation

**Fienhold, Nicole**

Club: BKK Schwenninger

Number: 105

Course: 5.00 km

McDonald`s Lauf

Category:

Frauen W40

Total time: 28:16

Speed: 10.61 km/h

Running performance: 5:39 min/km

Rank in course/Total: 35 (of 49)

Rank in course/Women: 10 (of 19)

Best time in course: 19:53

Rank in category: 1(of 2)

Best time in the category: 28:16