



21. Arnstädter Citylauf  
Arnstadt / 30.04.2011

Detailed evaluation

Kanz, Maja

Club: BKK Schwenninger  
Number: 106

Course: 5.00 km  
McDonald`s Lauf

Category:  
Frauen W45

Total time: 28:17

Speed: 10.61 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 37 (of 49)  
Rank in course/Women: 11 (of 19)  
Best time in course: 19:53

Rank in category: 2(of 2)  
Best time in the category: 22:00