



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Nguyen, Nam Hong

Club: Katholische Laufjugend Arnstadt
Number: 83

Course: 5.00 km
McDonald`s Lauf

Category:
Männer M20

Total time: 30:08

Speed: 9.96 km/h
Running performance: 6:02 min/km

Rank in course/Total: 39 (of 49)

Rank in course/Men: 26 (of 30)

Best time in course: 17:50

Rank in category: 6(of 6)

Best time in the category: 17:55