



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Hein, Lisa

Club: Katholische Laufjugend Arnstadt
Number: 62

Course: 5.00 km
McDonald`s Lauf

Category:
weiblich, AK 15

Total time: 31:08

Speed: 9.64 km/h
Running performance: 6:14 min/km

Rank in course/Total: 40 (of 49)
Rank in course/Women: 14 (of 19)
Best time in course: 19:53

Rank in category: 3(of 3)
Best time in the category: 21:30