



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Weist, Jürgen

Club: Katholische Laufjugend Arnstadt
Number: 89

Course: 5.00 km
McDonald`s Lauf

Category:
Männer M45

Total time: 31:14

Speed: 9.61 km/h
Running performance: 6:15 min/km

Rank in course/Total: 42 (of 49)

Rank in course/Men: 27 (of 30)

Best time in course: 17:50

Rank in category: 3(of 4)

Best time in the category: 21:33