



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Erbe, Dieter

Club: Schwimmverein Arnstadt 02
Number: 113

Course: 5.00 km
McDonald`s Lauf

Category:
Männer M70

Total time: 31:18

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 43 (of 49)

Rank in course/Men: 28 (of 30)

Best time in course: 17:50

Rank in category: 1(of 1)

Best time in the category: 31:18