



21. Arnstädter Citylauf
Arnstadt / 30.04.2011

Detailed evaluation

Völker, Ekkehard

Club: Arnstadt
Number: 120

Course: 5.00 km
McDonald`s Lauf

Category:
Männer M45

Total time: 32:41

Speed: 9.18 km/h
Running performance: 6:32 min/km

Rank in course/Total: 46 (of 49)

Rank in course/Men: 30 (of 30)

Best time in course: 17:50

Rank in category: 4(of 4)

Best time in the category: 21:33