



33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

Detailed evaluation

Pflügner, Moritz

Club: Karateverein Arnstadt e. V.

Number: 1753

Course: 3.50 km

Jugendlauf

Category:

AK 14 männlich

Total time: 19:21

Speed: 9.30 km/h

Running performance: 5:32 min/km

Rank in course/Total: 11 (of 17)

Rank in course/Men: 8 (of 11)

Best time in course: 14:10

Rank in category: 3(of 3)

Best time in the category: 17:20