



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

**Stramka, Jan**

Club: SV 1899 Mühlhausen  
Number: 89

Course: 3.00 km  
McDonald`s 3-km-Lauf

Category:  
männliche Jugend M12 (12 Jahre)

Total time: 11:37

Speed: 15.49 km/h  
Running performance: 03:52 min/km

Rank in course/Total: 1 (of 78)

Rank in course/Men: 1 (of 46)

Best time in course: 11:37

Rank in category: 1(of 22)

Best time in the category: 11:37