



22. Arnstädter Citylauf
Arnstadt / 28.04.2012

Detailed evaluation

Herzer, Nils

Club: Gym Klasse 6c /Erfurter LAC
Number: 46

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

Category:
männliche Jugend M12 (12 Jahre)

Total time: 12:06

Speed: 14.88 km/h
Running performance: 04:02 min/km

Rank in course/Total: 2 (of 78)

Rank in course/Men: 2 (of 46)

Best time in course: 11:37

Rank in category: 2(of 22)

Best time in the category: 11:37