



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

Jansen, Johannes

Club: Gym Klasse 7d  
Number: 75

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

Category:  
männliche Jugend M13 (13 Jahre)

Total time: 14:17

Speed: 12.60 km/h  
Running performance: 04:46 min/km

Rank in course/Total: 24 (of 78)

Rank in course/Men: 16 (of 46)

Best time in course: 11:37

Rank in category: 5(of 18)

Best time in the category: 12:24