



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

Zeiger, Christian

Club: Gymnasium Arnstadt  
Number: 76

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

Category:  
männliche Jugend M13 (13 Jahre)

Total time: 17:33

Speed: 10.26 km/h  
Running performance: 05:51 min/km

Rank in course/Total: 41 (of 78)

Rank in course/Men: 27 (of 46)

Best time in course: 11:37

Rank in category: 7(of 18)

Best time in the category: 12:24