



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

Freitag, Nicolas

Club: Gym Klasse 6e  
Number: 55

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

Category:  
männliche Jugend M13 (13 Jahre)

Total time: 25:54

Speed: 6.95 km/h  
Running performance: 08:38 min/km

Rank in course/Total: 73 (of 78)

Rank in course/Men: 43 (of 46)

Best time in course: 11:37

Rank in category: 16(of 18)

Best time in the category: 12:24