



23. Arnstädter Citylauf  
Arnstadt / 27.04.2013

Detailed evaluation

Lampl, Ole-Simon

Club: Gymnasium Arnstadt  
Number: 17

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

Category:  
männliche Jugend M13 (13 Jahre)

Total time: 14:45

Speed: 12.20 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 16 (of 19)

Rank in course/Men: 10 (of 10)

Best time in course: 11:55

Rank in category: 6(of 6)

Best time in the category: 11:55