



23. Arnstädter Citylauf
Arnstadt / 27.04.2013

Detailed evaluation

Wulf, Jan Paul

Club: LSV Lok Arnstadt
Number: 6

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

Category:
männliche Jugend M13 (13 Jahre)

Total time: 13:30

Speed: 13.33 km/h
Running performance: 4:30 min/km

Rank in course/Total: 7 (of 19)

Rank in course/Men: 5 (of 10)

Best time in course: 11:55

Rank in category: 3(of 6)

Best time in the category: 11:55