



24. Arnstädter Citylauf  
Arnstadt / 26.04.2014

Detailed evaluation

Zyrus, Alexander

Club: Lsv Lok Arnstadt  
Number: 23

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

Category:  
männliche Jugend M14 (14 Jahre)

Total time: 13:47

Speed: 13.06 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 12 (of 25)

Rank in course/Men: 7 (of 12)

Best time in course: 10:38

Rank in category: 4(of 4)

Best time in the category: 11:19