



24. Arnstädter Citylauf
Arnstadt / 26.04.2014

Detailed evaluation

Gil Cabero, Laura

Club: Berlin
Number: 25

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

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 17:23

Speed: 10.35 km/h
Running performance: 5:47 min/km

Rank in course/Total: 24 (of 25)
Rank in course/Women: 12 (of 13)
Best time in course: 11:42

Rank in category: 1(of 1)
Best time in the category: 17:23