



24. Arnstädter Citylauf  
Arnstadt / 26.04.2014

Detailed evaluation

**Stramka, Jan**

Club: Sv 1899 Mühlhausen  
Number: 16

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

Category:  
männliche Jugend M14 (14 Jahre)

Total time: 11:19

Speed: 15.91 km/h  
Running performance: 3:46 min/km

Rank in course/Total: 2 (of 25)

Rank in course/Men: 2 (of 12)

Best time in course: 10:38

Rank in category: 1(of 4)

Best time in the category: 11:19