



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