



24. Arnstädter Citylauf
Arnstadt / 26.04.2014

Detailed evaluation

Rudolph, Sascha

Club: SV1899 Mühlhausen
Number: 20

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

Category:
männliche Jugend M14 (14 Jahre)

Total time: 13:32

Speed: 13.30 km/h
Running performance: 4:31 min/km

Rank in course/Total: 10 (of 25)

Rank in course/Men: 6 (of 12)

Best time in course: 10:38

Rank in category: 3(of 4)

Best time in the category: 11:19