



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Jahn, Wiebke

Club: SSV Erfurt Nord e. V.

Number: 19

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W13 (13 Jahre)

Total time: 13:28

Speed: 13.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 9 (of 62)

Rank in course/Women: 2 (of 25)

Best time in course: 12:10

Rank in category: 1(of 4)

Best time in the category: 13:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.72	7:01	4:04	1	-	2	0:11	1.72	7:01	4:04	1	-	2	0:11
Last lap Finish	1.28	6:27	5:02	1	-	3	1:40	3.00	13:28	4:29	1	-	2	1:18