



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Specht, Annemarie

Club: FV-Hochsprung mit Musik

Number: 34

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W13 (13 Jahre)

Total time: 14:17

Speed: 12.60 km/h

Running performance: 4:46 min/km

Rank in course/Total: 16 (of 62)

Rank in course/Women: 3 (of 25)

Best time in course: 12:10

Rank in category: 2(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	7:04	4:06	2	0:03	3	0:14	1.72	7:04	4:06	2	0:03	3	0:14
Last lap Finish	1.28	7:13	5:38	3	0:46	7	2:26	3.00	14:17	4:45	2	0:49	3	2:07