



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Berisha, Diamant

Club: Arnstadt

Number: 91

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend M13 (13 Jahre)

Total time: 12:07

Speed: 14.86 km/h

Running performance: 4:02 min/km

Rank in course/Total: 3 (of 62)

Rank in course/Men: 3 (of 37)

Best time in course: 10:25

Rank in category: 1(of 4)

Best time in the category: 12:07

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.72	6:41	3:53	1	-	3	1:02	1.72	6:41	3:53	1	-	3	1:02
Last lap Finish	1.28	5:26	4:14	1	-	3	0:40	3.00	12:07	4:02	1	-	3	1:42