



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

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Club: Speedskating Arnstadt e.V.
Number: 44

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

Category:
weibliche Jugend W12 (12 Jahre)

Total time: 15:13

Speed: 11.83 km/h
Running performance: 5:04 min/km

Rank in course/Total: 29 (of 62)

Rank in course/Women: 8 (of 25)

Best time in course: 12:10

Rank in category: 3(of 5)

Best time in the category: 14:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.72	8:00	4:39	2	0:15	6	1:10	1.72	8:00	4:39	2	0:15	6	1:10
Last lap Finish	1.28	7:13	5:38	3	2:26	7	2:26	3.00	15:13	5:04	3	0:36	8	3:03