



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Hempelmann, Emma

Club: Arnstadt
Number: 16

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

Category:
weibliche Kinder W11 (11 Jahre)

Total time: 16:09

Speed: 11.15 km/h
Running performance: 5:23 min/km

Rank in course/Total: 32 (of 62)
Rank in course/Women: 10 (of 25)
Best time in course: 12:10

Rank in category: 2(of 6)
Best time in the category: 15:05

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	8:30	4:56	2	0:24	8	1:40	1.72	8:30	4:56	2	0:24	8	1:40
Last lap Finish	1.28	7:39	5:58	4	0:40	12	2:52	3.00	16:09	5:22	2	1:04	10	3:59