



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Kretschmer, Sophie

Club: LAC Aschersleben
Number: 23

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

Category:
weibliche Jugend W14 (14 Jahre)

Total time: 12:10

Speed: 14.79 km/h
Running performance: 4:04 min/km

Rank in course/Total: 4 (of 62)
Rank in course/Women: 1 (of 25)

Best time in course: 12:10
Rank in category: 1(of 3)
Best time in the category: 12:10

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	6:50	3:58	1	-	1	-	1.72	6:50	3:58	1	-	1	-
Last lap Finish	1.28	5:20	4:09	1	-	2	0:33	3.00	12:10	4:03	1	-	1	-