



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Haak, Hannes

Club: Adler Arnstadt

Number: 76

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend M12 (12 Jahre)

Total time: 14:20

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 17 (of 62)

Rank in course/Men: 14 (of 37)

Best time in course: 10:25

Rank in category: 3(of 5)

Best time in the category: 12:38

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	7:56	4:36	3	0:51	15	2:17	1.72	7:56	4:36	3	0:51	15	2:17
Last lap Finish	1.28	6:24	5:00	3	0:51	14	1:38	3.00	14:20	4:46	3	1:42	14	3:55