



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Stanislawa, Wasiljewa

Club: LSV Lok Arnstadt

Number: 71

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 20:21

Speed: 8.85 km/h

Running performance: 6:47 min/km

Rank in course/Total: 50 (of 62)

Rank in course/Women: 20 (of 25)

Best time in course: 12:10

Rank in category: 1(of 2)

Best time in the category: 20:21

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	11:18	6:34	1	-	21	4:28	1.72	11:18	6:34	1	-	21	4:28
Last lap Finish	1.28	9:03	7:04	1	-	20	4:16	3.00	20:21	6:47	1	-	20	8:11