



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Güntner, Jan-Paul

Club: Arnstadt

Number: 10

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Kinder M11 (11 Jahre)

Total time: 20:25

Speed: 8.82 km/h

Running performance: 6:49 min/km

Rank in course/Total: 52 (of 62)

Rank in course/Men: 32 (of 37)

Best time in course: 10:25

Rank in category: 5(of 5)

Best time in the category: 12:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.72	10:44	6:14	5	3:37	34	5:05	1.72	10:44	6:14	5	3:37	34	5:05
Last lap Finish	1.28	9:41	7:33	5	4:00	31	4:55	3.00	20:25	6:48	5	7:37	32	10:00