



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Specht, Annemarie

Club: Hochsprung mit Musik
 Number: 25

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

Category:
 weibliche Jugend W14 (14 Jahre)

Total time: 14:06

Speed: 12.77 km/h
 Running performance: 4:42 min/km

Rank in course/Total: 12 (of 39)

Rank in course/Women: 3 (of 18)

Best time in course: 12:45

Rank in category: 3(of 5)

Best time in the category: 12:45

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	7:41	4:28	3	0:36	3	0:36	1.72	7:41	4:28	3	0:36	3	0:36
Last lap Finish	1.28	6:25	5:00	3	0:45	4	0:45	3.00	14:06	4:42	3	1:21	3	1:21