



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Manske, Helena

Club: LSV Lok Arnstadt
 Number: 17

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

Category:
 weibliche Kinder W10 (10 Jahre)

Total time: 14:38

Speed: 12.30 km/h
 Running performance: 4:53 min/km

Rank in course/Total: 15 (of 39)

Rank in course/Women: 4 (of 18)

Best time in course: 12:45

Rank in category: 1(of 4)

Best time in the category: 14:38

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	8:17	4:48	1	-	4	1:12	1.72	8:17	4:48	1	-	4	1:12
Last lap Finish	1.28	6:21	4:57	1	-	3	0:41	3.00	14:38	4:52	1	-	4	1:53