



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Köppler, Lea

Club: LSV Lok Arnstadt
Number: 14

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

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 15:02

Speed: 11.97 km/h
Running performance: 5:01 min/km

Rank in course/Total: 17 (of 39)

Rank in course/Women: 5 (of 18)

Best time in course: 12:45

Rank in category: 1(of 2)

Best time in the category: 15:02

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	8:34	4:58	1	-	6	1:29	1.72	8:34	4:58	1	-	6	1:29
Last lap Finish	1.28	6:28	5:03	1	-	5	0:48	3.00	15:02	5:00	1	-	5	2:17