



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Hose, Cedrik

Club: Diller powerparts  
Number: 37

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

Category:  
männliche Jugend M12 (12 Jahre)

Total time: 12:02

Speed: 14.96 km/h  
Running performance: 4:01 min/km

Rank in course/Total: 2 (of 39)

Rank in course/Men: 2 (of 21)

Best time in course: 11:59

Rank in category: 1(of 3)

Best time in the category: 12:02

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	7:02	4:05	1	-	1	-	1.72	7:02	4:05	1	-	1	-
Last lap Finish	1.28	5:00	3:54	1	-	2	0:03	3.00	12:02	4:00	1	-	2	0:03