



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Nicolai, Victoria

Club: LSV Lok Arnstadt
Number: 19

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

Category:
weibliche Jugend W14 (14 Jahre)

Total time: 15:10

Speed: 11.87 km/h
Running performance: 5:04 min/km

Rank in course/Total: 20 (of 39)

Rank in course/Women: 7 (of 18)

Best time in course: 12:45

Rank in category: 4(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	8:35	4:59	4	1:30	7	1:30	1.72	8:35	4:59	4	1:30	7	1:30
Last lap Finish	1.28	6:35	5:08	4	0:55	6	0:55	3.00	15:10	5:03	4	2:25	7	2:25