



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Hänsngen, Juliane

Club: TSG Ruhla / WSC 07
Number: 9

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

Category:
weibliche Jugend W12 (12 Jahre)

Total time: 15:05

Speed: 11.93 km/h
Running performance: 5:02 min/km

Rank in course/Total: 19 (of 39)

Rank in course/Women: 6 (of 18)

Best time in course: 12:45

Rank in category: 1(of 2)

Best time in the category: 15:05

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	8:29	4:55	1	-	5	1:24	1.72	8:29	4:55	1	-	5	1:24
Last lap Finish	1.28	6:36	5:09	1	-	7	0:56	3.00	15:05	5:01	1	-	6	2:20