



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 |