



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Heißner, Antonia

Club: LSV Lok Arnstadt
Number: 10

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

Category:
weibliche Jugend W14 (14 Jahre)

Total time: 16:10

Speed: 11.13 km/h
Running performance: 5:23 min/km

Rank in course/Total: 22 (of 39)

Rank in course/Women: 9 (of 18)

Best time in course: 12:45

Rank in category: 5(of 5)

Best time in the category: 12:45

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	8:55	5:11	5	1:50	9	1:50	1.72	8:55	5:11	5	1:50	9	1:50
Last lap Finish	1.28	7:15	5:39	5	1:35	13	1:35	3.00	16:10	5:23	5	3:25	9	3:25