



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Anschütz, Elisa

Club: SV 21 Marlishausen
Number: 50

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

Category:
weibliche Kinder W11 (11 Jahre)

Total time: 16:17

Speed: 11.05 km/h
Running performance: 5:26 min/km

Rank in course/Total: 23 (of 39)

Rank in course/Women: 10 (of 18)

Best time in course: 12:45

Rank in category: 1(of 2)

Best time in the category: 16:17

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	9:16	5:23	1	-	10	2:11	1.72	9:16	5:23	1	-	10	2:11
Last lap Finish	1.28	7:01	5:28	1	-	11	1:21	3.00	16:17	5:25	1	-	10	3:32