



26. Arnstädter Citylauf  
 Arnstadt / 30.04.2016

Detailed evaluation

Grund, Ann-Kathrin

Club: LSV Lok Arnstadt  
 Number: 8

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

Category:  
 weibliche Kinder W10 (10 Jahre)

Total time: 16:20

Speed: 11.02 km/h  
 Running performance: 5:26 min/km

Rank in course/Total: 24 (of 39)  
 Rank in course/Women: 11 (of 18)

Best time in course: 12:45  
 Rank in category: 2(of 4)  
 Best time in the category: 14:38

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	9:25	5:28	2	1:08	11	2:20	1.72	9:25	5:28	2	1:08	11	2:20
Last lap Finish	1.28	6:55	5:24	2	0:34	9	1:15	3.00	16:20	5:26	2	1:42	11	3:35