



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Aulich, Miriam Lana

Club: keiner  
Number: 4

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

Category:  
weibliche Kinder W10 (10 Jahre)

Total time: 17:49

Speed: 10.10 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 28 (of 39)  
Rank in course/Women: 15 (of 18)  
Best time in course: 12:45

Rank in category: 4(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	10:13	5:56	4	1:56	15	3:08	1.72	10:13	5:56	4	1:56	15	3:08
Last lap Finish	1.28	7:36	5:56	4	1:15	15	1:56	3.00	17:49	5:56	4	3:11	15	5:04