



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Jahn, Wiebke

Club: SSV erfurt Nord e.V.
Number: 46

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

Category:
weibliche Jugend W14 (14 Jahre)

Total time: 12:45

Speed: 14.12 km/h
Running performance: 4:15 min/km

Rank in course/Total: 6 (of 39)

Rank in course/Women: 1 (of 18)

Best time in course: 12:45

Rank in category: 1 (of 5)

Best time in the category: 12:45

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.72	7:05	4:07	1	-	1	-	1.72	7:05	4:07	1	-	1	-
Last lap Finish	1.28	5:40	4:25	1	-	1	-	3.00	12:45	4:15	1	-	1	-