



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Stiede, Lucas

Club: LSV Lok Arnstadt
Number: 26

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

Category:
männliche Jugend M14 (14 Jahre)

Total time: 13:05

Speed: 13.76 km/h
Running performance: 4:22 min/km

Rank in course/Total: 7 (of 39)

Rank in course/Men: 6 (of 21)

Best time in course: 11:59

Rank in category: 1(of 1)

Best time in the category: 13:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.72	7:37	4:25	1	-	7	0:35	1.72	7:37	4:25	1	-	7	0:35
Last lap Finish	1.28	5:28	4:16	1	-	6	0:31	3.00	13:05	4:21	1	-	6	1:06