



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Nique, Sarah

Club: Feuerwer Arnstadt
 Number: 20

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

Category:
 Frauen (20-29 Jahre)

Total time: 21:44

Speed: 8.28 km/h
 Running performance: 7:14 min/km

Rank in course/Total: 36 (of 39)
 Rank in course/Women: 16 (of 18)
 Best time in course: 12:45

Rank in category: 1(of 1)
 Best time in the category: 21:44

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	12:13	7:06	1	-	16	5:08	1.72	12:13	7:06	1	-	16	5:08
Last lap Finish	1.28	9:31	7:26	1	-	16	3:51	3.00	21:44	7:14	1	-	16	8:59