



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Wulf, Jan-Paul

Club: LSV Lok Arnstadt

Number: 34

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 13:13

Speed: 13.62 km/h

Running performance: 4:25 min/km

Rank in course/Total: 8 (of 39)

Rank in course/Men: 7 (of 21)

Best time in course: 11:59

Rank in category: 1(of 1)

Best time in the category: 13:13

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.72	7:38	4:26	1	-	8	0:36	1.72	7:38	4:26	1	-	8	0:36
Last lap Finish	1.28	5:35	4:21	1	-	8	0:38	3.00	13:13	4:24	1	-	7	1:14