



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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