



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Cagnin, Ariane

Club: Projekt Welcome-Willkommen
Number: 5

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

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 25:25

Speed: 7.08 km/h
Running performance: 8:28 min/km

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

Rank in category: 1(of 1)
Best time in the category: 25:25

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	14:05	8:11	1	-	18	7:00	1.72	14:05	8:11	1	-	18	7:00
Last lap Finish	1.28	11:20	8:51	1	-	18	5:40	3.00	25:25	8:28	1	-	18	12:40