



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Exizidis, Miron**

Club: Feuerwehr Arnstadt  
Number: 51

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

Category:  
männliche Jugend U20 (18-19 Jahre)

Total time: 24:21

Speed: 7.39 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 37 (of 39)

Rank in course/Men: 21 (of 21)

Best time in course: 11:59

Rank in category: 1(of 1)

Best time in the category: 24:21

## 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	13:49	8:01	1	-	21	6:47	1.72	13:49	8:01	1	-	21	6:47
Last lap Finish	1.28	10:32	8:13	1	-	21	5:35	3.00	24:21	8:07	1	-	21	12:22