



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

MANZKE, Helena

Club: LSV Lok Arnstadt

Number: 17

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Kinder W10 (10 Jahre)

Total time: 14:24

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 9 (of 34)

Rank in course/Women: 2 (of 16)

Best time in course: 14:07

Rank in category: 1(of 2)

Best time in the category: 14:24

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	8:03	4:40	1	-	4	0:10	1.72	8:03	4:40	1	-	4	0:10
Last lap Finish	1.28	6:21	4:57	1	-	2	0:07	3.00	14:24	4:47	1	-	2	0:17