



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

HERZOG, Tom

Club: LSV Lok Arnstadt

Number: 10

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend M13 (13 Jahre)

Total time: 14:33

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 12 (of 34)

Rank in course/Men: 9 (of 18)

Best time in course: 10:34

Rank in category: 2(of 2)

Best time in the category: 14:23

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	8:17	4:48	2	0:32	9	2:18	1.72	8:17	4:48	2	0:32	9	2:18
Last lap Finish	1.28	6:16	4:53	1	-	7	1:41	3.00	14:33	4:51	2	0:10	9	3:59