



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

PODLESAK, Marie

Club: LSV Lok Arnstadt

Number: 19

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W12 (12 Jahre)

Total time: 14:45

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 16 (of 34)

Rank in course/Women: 4 (of 16)

Best time in course: 14:07

Rank in category: 1(of 2)

Best time in the category: 14:45

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 | 8:04 | 4:41 | 1 | - | 5 | 0:11 | 1.72 | 8:04 | 4:41 | 1 | - | 5 | 0:11 |
| Last lap Finish | 1.28 | 6:41 | 5:13 | 1 | - | 6 | 0:27 | 3.00 | 14:45 | 4:55 | 1 | - | 4 | 0:38 |