



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