



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

ERDMANN, Helena

Club: LSV Lok Arnstadt

Number: 6

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W13 (13 Jahre)

Total time: 16:50

Speed: 10.69 km/h

Running performance: 5:37 min/km

Rank in course/Total: 21 (of 34)

Rank in course/Women: 9 (of 16)

Best time in course: 14:07

Rank in category: 2(of 3)

Best time in the category: 15:43

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	9:28	5:30	2	0:47	10	1:35	1.72	9:28	5:30	2	0:47	10	1:35
Last lap Finish	1.28	7:22	5:45	2	0:20	9	1:08	3.00	16:50	5:36	2	1:07	9	2:43