



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

HEIßNER, Antonia

Club: LSV Lok Arnstadt

Number: 9

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W15 (15 Jahre)

Total time: 16:54

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 22 (of 34)

Rank in course/Women: 10 (of 16)

Best time in course: 14:07

Rank in category: 2(of 2)

Best time in the category: 14:07

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.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Lap 1	1.72	9:29	5:30	2	1:36	11	1:36	1.72	9:29	5:30	2	1:36	11	1:36
Last lap Finish	1.28	7:25	5:47	2	1:11	11	1:11	3.00	16:54	5:37	2	2:47	10	2:47