



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Specht, Annemarie

Club: FV Hochsprung m. Musik

Number: 38

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 14:06

Speed: 12.77 km/h

Running performance: 4:42 min/km

Rank in course/Total: 10 (of 39)

Rank in course/Women: 2 (of 23)

Best time in course: 13:11

Rank in category: 1(of 1)

Best time in the category: 14:06

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	7:29	4:21	1	-	2	0:01	1.72	7:29	4:21	1	-	2	0:01
Last lap Finish	1.28	6:37	5:10	1	-	4	0:54	3.00	14:06	4:42	1	-	2	0:55