



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Koslow, Eduard

Club: Melissantes Gym 5b

Number: 31

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Kinder M11 (11 Jahre)

Total time: 13:56

Speed: 12.92 km/h

Running performance: 4:38 min/km

Rank in course/Total: 9 (of 39)

Rank in course/Men: 8 (of 16)

Best time in course: 11:37

Rank in category: 2(of 6)

Best time in the category: 13:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.72	7:25	4:18	1	-	5	1:00	1.72	7:25	4:18	1	-	5	1:00
Last lap Finish	1.28	6:31	5:05	2	0:24	9	1:19	3.00	13:56	4:38	2	0:21	8	2:19