



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Grühn, Luca

Club: Melissantes Gym 5b

Number: 29

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Kinder M11 (11 Jahre)

Total time: 14:32

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 12 (of 39)

Rank in course/Men: 9 (of 16)

Best time in course: 11:37

Rank in category: 3(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	7:59	4:38	3	0:34	9	1:34	1.72	7:59	4:38	3	0:34	9	1:34
Last lap Finish	1.28	6:33	5:07	3	0:26	10	1:21	3.00	14:32	4:50	3	0:57	9	2:55