



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

SAUER, Nele

Club: LSV Lok Arnstadt

Number: 12

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W12 (12 Jahre)

Total time: 14:48

Speed: 12.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 15 (of 39)

Rank in course/Women: 5 (of 23)

Best time in course: 13:11

Rank in category: 1(of 7)

Best time in the category: 14:48

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	8:10	4:44	1	-	6	0:42	1.72	8:10	4:44	1	-	6	0:42
Last lap Finish	1.28	6:38	5:10	2	0:03	5	0:55	3.00	14:48	4:56	1	-	5	1:37