



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Rahn, Jonas

Club: Karower Dachse

Number: 35

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Kinder M11 (11 Jahre)

Total time: 14:43

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 13 (of 39)

Rank in course/Men: 10 (of 16)

Best time in course: 11:37

Rank in category: 4(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	8:09	4:44	4	0:44	10	1:44	1.72	8:09	4:44	4	0:44	10	1:44
Last lap Finish	1.28	6:34	5:07	4	0:27	11	1:22	3.00	14:43	4:54	4	1:08	10	3:06