



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Rahn, Carolin

Club: Karower Dachse

Number: 36

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Kinder W11 (11 Jahre)

Total time: 14:59

Speed: 12.01 km/h

Running performance: 4:59 min/km

Rank in course/Total: 20 (of 39)

Rank in course/Women: 8 (of 23)

Best time in course: 13:11

Rank in category: 4(of 6)

Best time in the category: 13:11

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	2	0:42	6	0:42	1.72	8:10	4:44	2	0:42	6	0:42
Last lap Finish	1.28	6:49	5:19	4	1:06	9	1:06	3.00	14:59	4:59	4	1:48	8	1:48