



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Pugach, Alexander

Club: Melissantes Gym 5b
Number: 30

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
männliche Jugend M12 (12 Jahre)

Total time: 15:52

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 24 (of 39)

Rank in course/Men: 13 (of 16)

Best time in course: 11:37

Rank in category: 2(of 3)

Best time in the category: 13:10

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 | 8:30 | 4:56 | 2 | 1:13 | 13 | 2:05 | 1.72 | 8:30 | 4:56 | 2 | 1:13 | 13 | 2:05 |
| Last lap Finish | 1.28 | 7:22 | 5:45 | 2 | 1:29 | 13 | 2:10 | 3.00 | 15:52 | 5:17 | 2 | 2:42 | 13 | 4:15 |