



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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          |