



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Herzer, Maja

Club: LSV Lok Arnstadt

Number: 32

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W13 (13 Jahre)

Total time: 15:53

Speed: 11.33 km/h

Running performance: 5:17 min/km

Rank in course/Total: 25 (of 39)

Rank in course/Women: 12 (of 23)

Best time in course: 13:11

Rank in category: 2(of 3)

Best time in the category: 15:06

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	8:50	5:08	2	0:52	14	1:22	1.72	8:50	5:08	2	0:52	14	1:22
Last lap Finish	1.28	7:03	5:30	1	-	11	1:20	3.00	15:53	5:17	2	0:47	12	2:42