



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Rahn, Julia

Club: Karower Dachse

Number: 34

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W14 (14 Jahre)

Total time: 15:55

Speed: 11.31 km/h

Running performance: 5:19 min/km

Rank in course/Total: 27 (of 39)

Rank in course/Women: 14 (of 23)

Best time in course: 13:11

Rank in category: 1(of 2)

Best time in the category: 15:55

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	8:42	5:03	1	-	12	1:14	1.72	8:42	5:03	1	-	12	1:14
Last lap Finish	1.28	7:13	5:38	1	-	14	1:30	3.00	15:55	5:18	1	-	14	2:44