



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Prasser, Maxi

Club: SV 09 Arnstadt

Number: 23

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend W14 (14 Jahre)

Total time: 15:59

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 28 (of 39)

Rank in course/Women: 15 (of 23)

Best time in course: 13:11

Rank in category: 2(of 2)

Best time in the category: 15:55

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.72	8:46	5:05	2	0:04	13	1:18	1.72	8:46	5:05	2	0:04	13	1:18
Last lap Finish	1.28	7:13	5:38	1	-	14	1:30	3.00	15:59	5:19	2	0:04	15	2:48