



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

WULF, Robert

Club: LSV Lok Arnstadt

Number: 16

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend M15 (15 Jahre)

Total time: 12:21

Speed: 14.57 km/h

Running performance: 4:07 min/km

Rank in course/Total: 3 (of 39)

Rank in course/Men: 3 (of 16)

Best time in course: 11:37

Rank in category: 2(of 2)

Best time in the category: 11:48

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.72	6:46	3:56	2	0:13	3	0:21	1.72	6:46	3:56	2	0:13	3	0:21
Last lap Finish	1.28	5:35	4:21	2	0:20	3	0:23	3.00	12:21	4:06	2	0:33	3	0:44