



28. Arnstädter Citylauf
Arnstadt / 28.04.2018

Detailed evaluation

Rudolf, Hannah

Club: Ingersleben
Number: 43

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
weibliche Jugend W12 (12 Jahre)

Total time: 17:43

Speed: 10.16 km/h
Running performance: 5:55 min/km

Rank in course/Total: 34 (of 39)
Rank in course/Women: 20 (of 23)
Best time in course: 13:11

Rank in category: 4(of 7)
Best time in the category: 14:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.72	9:45	5:40	4	1:35	20	2:17	1.72	9:45	5:40	4	1:35	20	2:17
Last lap Finish	1.28	7:58	6:13	4	1:23	19	2:15	3.00	17:43	5:54	4	2:55	20	4:32