



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

MANZKE, Helena

Club: LSV Lok Arnstadt

Number: 7

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Kinder W11 (11 Jahre)

Total time: 13:11

Speed: 13.65 km/h

Running performance: 4:23 min/km

Rank in course/Total: 5 (of 39)

Rank in course/Women: 1 (of 23)

Best time in course: 13:11

Rank in category: 1(of 6)

Best time in the category: 13:11

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	7:28	4:20	1	-	1	-	1.72	7:28	4:20	1	-	1	-
Last lap Finish	1.28	5:43	4:27	1	-	1	-	3.00	13:11	4:23	1	-	1	-