



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Luderer, Colin

Club: Melissantes Gym 5b

Number: 42

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Kinder M11 (11 Jahre)

Total time: 18:47

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 36 (of 39)

Rank in course/Men: 15 (of 16)

Best time in course: 11:37

Rank in category: 6(of 6)

Best time in the category: 13:35

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	8:36	5:00	5	1:11	14	2:11	1.72	8:36	5:00	5	1:11	14	2:11
Last lap Finish	1.28	10:11	7:57	6	4:04	16	4:59	3.00	18:47	6:15	6	5:12	15	7:10