



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Pohlemann, Max

Club: Melissantes Gym 5b

Number: 27

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend M12 (12 Jahre)

Total time: 18:50

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 37 (of 39)

Rank in course/Men: 16 (of 16)

Best time in course: 11:37

Rank in category: 3(of 3)

Best time in the category: 13:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.72	9:14	5:22	3	1:57	16	2:49	1.72	9:14	5:22	3	1:57	16	2:49
Last lap Finish	1.28	9:36	7:30	3	3:43	15	4:24	3.00	18:50	6:16	3	5:40	16	7:13