



28. Arnstädter Citylauf
Arnstadt / 28.04.2018

Detailed evaluation

Krell, Saskia

Club: Melissantes Gym 5b
Number: 20

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

Category:
weibliche Jugend W12 (12 Jahre)

Total time: 20:09

Speed: 8.93 km/h
Running performance: 6:43 min/km

Rank in course/Total: 39 (of 39)

Rank in course/Women: 22 (of 23)

Best time in course: 13:11

Rank in category: 6(of 7)

Best time in the category: 14:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.72	11:01	6:24	7	2:51	23	3:33	1.72	11:01	6:24	7	2:51	23	3:33
Last lap Finish	1.28	9:08	7:08	6	2:33	22	3:25	3.00	20:09	6:42	6	5:21	22	6:58