



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Loos, Lewis

Club: Melissantes Gym 5b

Number: 22

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend M12 (12 Jahre)

Total time: 13:10

Speed: 13.67 km/h

Running performance: 4:23 min/km

Rank in course/Total: 4 (of 39)

Rank in course/Men: 4 (of 16)

Best time in course: 11:37

Rank in category: 1(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	7:17	4:14	1	-	4	0:52	1.72	7:17	4:14	1	-	4	0:52
Last lap Finish	1.28	5:53	4:35	1	-	4	0:41	3.00	13:10	4:23	1	-	4	1:33