



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

STIEDE, Lucas

Club: LSV Lok Arnstadt

Number: 14

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 13:24

Speed: 13.43 km/h

Running performance: 4:28 min/km

Rank in course/Total: 6 (of 39)

Rank in course/Men: 5 (of 16)

Best time in course: 11:37

Rank in category: 1(of 2)

Best time in the category: 13:24

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	7:29	4:21	1	-	7	1:04	1.72	7:29	4:21	1	-	7	1:04
Last lap Finish	1.28	5:55	4:37	1	-	5	0:43	3.00	13:24	4:28	1	-	5	1:47