



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Reif, Johann

Club: Laufcombo Reif Gotha

Number: 338

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 10:38

Speed: 16.93 km/h

Running performance: 3:32 min/km

Rank in course/Total: 1 (of 45)

Rank in course/Men: 1 (of 22)

Best time in course: 10:38

Rank in category: 1(of 2)

Best time in the category: 10:38

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	6:04	3:31	1	-	1	-	1.72	6:04	3:31	1	-	1	-
Last lap Finish	1.28	4:34	3:34	1	-	1	-	3.00	10:38	3:32	1	-	1	-