



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Podlesak, Marie

Club: LSV Lok Arnstadt

Number: 321

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 15:13

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 16 (of 45)

Rank in course/Women: 4 (of 23)

Best time in course: 13:03

Rank in category: 1(of 5)

Best time in the category: 15:13

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	8:24	4:53	1	-	4	1:17	1.72	8:24	4:53	1	-	4	1:17
Last lap Finish	1.28	6:49	5:19	2	0:12	6	0:53	3.00	15:13	5:04	1	-	4	2:10