



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Bielig, Luca

Club: LSV Lok Arnstadt

Number: 305

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 12:52

Speed: 13.99 km/h

Running performance: 4:17 min/km

Rank in course/Total: 2 (of 45)

Rank in course/Men: 2 (of 22)

Best time in course: 10:38

Rank in category: 1(of 4)

Best time in the category: 12:52

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	7:05	4:07	1	-	2	1:01	1.72	7:05	4:07	1	-	2	1:01
Last lap Finish	1.28	5:47	4:31	1	-	3	1:13	3.00	12:52	4:17	1	-	2	2:14