



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

May, Leonard

Club: LSV Lok Arnstadt

Number: 342

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 14:43

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 12 (of 45)

Rank in course/Men: 10 (of 22)

Best time in course: 10:38

Rank in category: 4(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	8:25	4:53	3	1:20	9	2:21	1.72	8:25	4:53	3	1:20	9	2:21
Last lap Finish	1.28	6:18	4:55	4	0:31	9	1:44	3.00	14:43	4:54	4	1:51	10	4:05