



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Herrmann, Laura Nelly

Club: Lok Arnstadt

Number: 339

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Kinder U12 (10-11 Jahre)

Total time: 15:22

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 19 (of 45)

Rank in course/Women: 6 (of 23)

Best time in course: 13:03

Rank in category: 1(of 4)

Best time in the category: 15:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.72	8:33	4:58	1	-	6	1:26	1.72	8:33	4:58	1	-	6	1:26
Last lap Finish	1.28	6:49	5:19	1	-	6	0:53	3.00	15:22	5:07	1	-	6	2:19