



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Holland-Moritz, Sebastian

Club: ThSV 1886 Geschwenda

Number: 314

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Kinder U12 (10-11 Jahre)

Total time: 15:28

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 20 (of 45)

Rank in course/Men: 14 (of 22)

Best time in course: 10:38

Rank in category: 5(of 8)

Best time in the category: 13:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.72	8:29	4:55	4	1:05	11	2:25	1.72	8:29	4:55	4	1:05	11	2:25
Last lap Finish	1.28	6:59	5:27	5	1:05	15	2:25	3.00	15:28	5:09	5	2:10	14	4:50