



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Stiede, Lucas

Club: Lsv LOK Arnstadt

Number: 347

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 13:02

Speed: 13.81 km/h

Running performance: 4:20 min/km

Rank in course/Total: 3 (of 45)

Rank in course/Men: 3 (of 22)

Best time in course: 10:38

Rank in category: 2(of 2)

Best time in the category: 10:38

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	7:36	4:25	2	1:32	5	1:32	1.72	7:36	4:25	2	1:32	5	1:32
Last lap Finish	1.28	5:26	4:14	2	0:52	2	0:52	3.00	13:02	4:20	2	2:24	3	2:24