



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 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	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