



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Preisker, Elina

Club: LSV Lok Arnstadt

Number: 324

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 15:54

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 22 (of 45)

Rank in course/Women: 8 (of 23)

Best time in course: 13:03

Rank in category: 3(of 5)

Best time in the category: 15:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.72	8:35	4:59	2	0:11	7	1:28	1.72	8:35	4:59	2	0:11	7	1:28
Last lap Finish	1.28	7:19	5:42	3	0:42	9	1:23	3.00	15:54	5:17	3	0:41	8	2:51