



29. Arnstädter Citylauf
 Arnstadt / 27.04.2019

Detailed evaluation

Aulich, Miriam Lana

Club: Emil-Petri-Schule
 Number: 301

Course: 3.00 km
 McDonald`s 3-km-Lauf

Category:
 weibliche Jugend U14 (12-13 Jahre)

Total time: 17:02

Speed: 10.57 km/h
 Running performance: 5:41 min/km

Rank in course/Total: 29 (of 45)
 Rank in course/Women: 13 (of 23)

Best time in course: 13:03
 Rank in category: 4(of 5)
 Best time in the category: 13:03

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	9:18	5:24	4	2:11	13	2:11	1.72	9:18	5:24	4	2:11	13	2:11
Last lap Finish	1.28	7:44	6:02	4	1:48	14	1:48	3.00	17:02	5:40	4	3:59	13	3:59