



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Manzke, Helena

Club: LSV Lok Arnstadt

Number: 318

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 13:03

Speed: 13.79 km/h

Running performance: 4:21 min/km

Rank in course/Total: 4 (of 45)

Rank in course/Women: 1 (of 23)

Best time in course: 13:03

Rank in category: 1(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	7:07	4:08	1	-	1	-	1.72	7:07	4:08	1	-	1	-
Last lap Finish	1.28	5:56	4:38	1	-	1	-	3.00	13:03	4:21	1	-	1	-