



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Prange, Jenni

Club: Arnstadt

Number: 323

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 17:47

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 33 (of 45)

Rank in course/Women: 15 (of 23)

Best time in course: 13:03

Rank in category: 5(of 5)

Best time in the category: 15:13

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.72	10:08	5:53	5	1:44	16	3:01	1.72	10:08	5:53	5	1:44	16	3:01
Last lap Finish	1.28	7:39	5:58	4	1:02	13	1:43	3.00	17:47	5:55	5	2:34	15	4:44