



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Herrmann, Luca Valentin

Club: FSV Martinroda

Number: 340

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 13:36

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 6 (of 45)

Rank in course/Men: 5 (of 22)

Best time in course: 10:38

Rank in category: 2(of 4)

Best time in the category: 12:52

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	7:20	4:15	2	0:15	3	1:16	1.72	7:20	4:15	2	0:15	3	1:16
Last lap Finish	1.28	6:16	4:53	3	0:29	8	1:42	3.00	13:36	4:31	2	0:44	5	2:58