



29. Arnstädter Citylauf
 Arnstadt / 27.04.2019

Detailed evaluation

Smolarek, Ronja

Club: Arnstadt
 Number: 330

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

Category:
 weibliche Jugend U20 (18-19 Jahre)

Total time: 14:28

Speed: 12.44 km/h
 Running performance: 4:49 min/km

Rank in course/Total: 10 (of 45)
 Rank in course/Women: 2 (of 23)
 Best time in course: 13:03

Rank in category: 1(of 1)
 Best time in the category: 14:28

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	7:56	4:36	1	-	2	0:49	1.72	7:56	4:36	1	-	2	0:49
Last lap Finish	1.28	6:32	5:06	1	-	2	0:36	3.00	14:28	4:49	1	-	2	1:25