



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

Uschmann, Monique

Club: Ohrdruf

Number: 341

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 20:57

Speed: 8.59 km/h

Running performance: 6:59 min/km

Rank in course/Total: 43 (of 45)

Rank in course/Women: 21 (of 23)

Best time in course: 13:03

Rank in category: 1(of 1)

Best time in the category: 20:57

### 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	11:19	6:34	1	-	21	4:12	1.72	11:19	6:34	1	-	21	4:12
Last lap Finish	1.28	9:38	7:31	1	-	22	3:42	3.00	20:57	6:59	1	-	21	7:54