



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Manzke, Helena Danae

Club: LSV Lok Arnstadt
Number: 172

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

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 11:14

Speed: 16.02 km/h
Running performance: 3:44 min/km

Rank in course/Total: 1 (of 30)
Rank in course/Women: 1 (of 16)
Best time in course: 11:14

Rank in category: 1(of 4)
Best time in the category: 11:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.72	6:20	3:40	1	-	1	-	1.72	6:20	3:40	1	-	1	-
Last lap Finish	1.28	4:54	3:49	1	-	1	-	3.00	11:14	3:44	1	-	1	-