



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Ronshausen, Mathilda

Club: SV 189 Mühlhausen
Number: 183

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

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 13:28

Speed: 13.37 km/h
Running performance: 4:29 min/km

Rank in course/Total: 7 (of 30)

Rank in course/Women: 2 (of 16)

Best time in course: 11:14

Rank in category: 1(of 5)

Best time in the category: 13:28

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	7:37	4:25	1	-	3	1:17	1.72	7:37	4:25	1	-	3	1:17
Last lap Finish	1.28	5:51	4:34	1	-	2	0:57	3.00	13:28	4:29	1	-	2	2:14