



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Trümper, Vanessa**

Club: SV 1899 Mühlhausen  
Number: 182

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

Category:  
weibliche Jugend U16 (14-15 Jahre)

Total time: 13:42

Speed: 13.14 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 8 (of 30)

Rank in course/Women: 3 (of 16)

Best time in course: 11:14

Rank in category: 2(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	7:21	4:16	2	1:01	2	1:01	1.72	7:21	4:16	2	1:01	2	1:01
Last lap Finish	1.28	6:21	4:57	2	1:27	3	1:27	3.00	13:42	4:33	2	2:28	3	2:28