



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Schmidt, Janek

Club: ThSV 1886 Geschwenda

Number: 174

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 13:59

Speed: 12.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 9 (of 30)

Rank in course/Men: 6 (of 14)

Best time in course: 11:44

Rank in category: 3(of 5)

Best time in the category: 11:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.72	7:58	4:37	3	1:24	7	1:24	1.72	7:58	4:37	3	1:24	7	1:24
Last lap Finish	1.28	6:01	4:42	3	0:52	7	1:00	3.00	13:59	4:39	3	2:15	6	2:15