



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Erdmann, Jette

Club: LSV Lok Arnstadt
Number: 170

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

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 14:44

Speed: 12.22 km/h
Running performance: 4:55 min/km

Rank in course/Total: 16 (of 30)

Rank in course/Women: 4 (of 16)

Best time in course: 11:14

Rank in category: 3(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	8:21	4:51	3	2:01	4	2:01	1.72	8:21	4:51	3	2:01	4	2:01
Last lap Finish	1.28	6:23	4:59	3	1:29	4	1:29	3.00	14:44	4:54	3	3:30	4	3:30