



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Hildebrand, Anna-Lena

Club: LSV Lok Arnstadt
Number: 167

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

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 15:03

Speed: 11.96 km/h
Running performance: 5:01 min/km

Rank in course/Total: 17 (of 30)

Rank in course/Women: 5 (of 16)

Best time in course: 11:14

Rank in category: 2(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	8:23	4:52	2	0:46	5	2:03	1.72	8:23	4:52	2	0:46	5	2:03
Last lap Finish	1.28	6:40	5:12	3	0:49	7	1:46	3.00	15:03	5:00	2	1:35	5	3:49