



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Helmich, Helene

Club: LSV Lok Arnstadt

Number: 165

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 15:13

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 19 (of 30)

Rank in course/Women: 6 (of 16)

Best time in course: 11:14

Rank in category: 3(of 5)

Best time in the category: 13:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	8:37	5:00	3	1:00	9	2:17	1.72	8:37	5:00	3	1:00	9	2:17
Last lap Finish	1.28	6:36	5:09	2	0:45	5	1:42	3.00	15:13	5:04	3	1:45	6	3:59