



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Kortum, Luisa

Club: SV 90 Gräfenroda

Number: 25

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Kinder U12 (10-11 Jahre)

Total time: 15:14

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 20 (of 30)

Rank in course/Women: 8 (of 16)

Best time in course: 11:14

Rank in category: 1(of 2)

Best time in the category: 15:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						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	1	-	9	2:17	1.72	8:37	5:00	1	-	9	2:17
Last lap Finish	1.28	6:37	5:10	1	-	6	1:43	3.00	15:14	5:04	1	-	8	4:00