



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Sauer, Nele**

Club: LSV Lok Arnstadt  
Number: 173

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

Category:  
weibliche Jugend U18 (16-17 Jahre)

Total time: 15:18

Speed: 11.76 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 21 (of 30)

Rank in course/Women: 9 (of 16)

Best time in course: 11:14

Rank in category: 2(of 2)

Best time in the category: 15:13

### 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	8:30	4:56	2	0:02	7	2:10	1.72	8:30	4:56	2	0:02	7	2:10
Last lap Finish	1.28	6:48	5:18	2	0:03	9	1:54	3.00	15:18	5:06	2	0:05	9	4:04