



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Erdmann, Helena

Club: LSV Lok Arnstadt

Number: 164

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 15:32

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 23 (of 30)

Rank in course/Women: 10 (of 16)

Best time in course: 11:14

Rank in category: 1(of 2)

Best time in the category: 15:32

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	8:30	4:56	1	-	7	2:10	1.72	8:30	4:56	1	-	7	2:10
Last lap Finish	1.28	7:02	5:29	1	-	11	2:08	3.00	15:32	5:10	1	-	10	4:18