



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Tschakert, Heide

Club: FV- Hochsprung mit Musik
Number: 177

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

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 16:12

Speed: 11.11 km/h
Running performance: 5:24 min/km

Rank in course/Total: 24 (of 30)

Rank in course/Women: 11 (of 16)

Best time in course: 11:14

Rank in category: 4(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. | 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 | 8:55 | 5:11 | 5 | 1:18 | 12 | 2:35 | 1.72 | 8:55 | 5:11 | 5 | 1:18 | 12 | 2:35 |
| Last lap Finish | 1.28 | 7:17 | 5:41 | 4 | 1:26 | 12 | 2:23 | 3.00 | 16:12 | 5:23 | 4 | 2:44 | 11 | 4:58 |