



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