



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Prange, Jenni**

Club: Arnstadt

Number: 19

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 16:47

Speed: 10.72 km/h

Running performance: 5:35 min/km

Rank in course/Total: 26 (of 30)

Rank in course/Women: 13 (of 16)

Best time in course: 11:14

Rank in category: 2(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.	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	9:22	5:26	2	0:52	14	3:02	1.72	9:22	5:26	2	0:52	14	3:02
Last lap Finish	1.28	7:25	5:47	2	0:23	13	2:31	3.00	16:47	5:35	2	1:15	13	5:33