



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Buch, Franz

Club: SV 189 Mühlhausen

Number: 184

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 12:17

Speed: 14.65 km/h

Running performance: 4:05 min/km

Rank in course/Total: 5 (of 30)

Rank in course/Men: 4 (of 14)

Best time in course: 11:44

Rank in category: 1(of 3)

Best time in the category: 12:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.72	6:52	3:59	1	-	4	0:18	1.72	6:52	3:59	1	-	4	0:18
Last lap Finish	1.28	5:25	4:13	1	-	3	0:24	3.00	12:17	4:05	1	-	4	0:33