



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Lehmann, Julius

Club: LSV Lok Arnstadt
Number: 331

Course: 10.00 km
10-km-Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 38:24

Speed: 15.63 km/h
Running performance: 3:50 min/km

Rank in course/Total: 4 (of 66)

Rank in course/Men: 4 (of 48)

Best time in course: 36:19

Rank in category: 2(of 2)

Best time in the category: 37:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km							
Lap 1	1.67	6:06	3:39	2	0:17	4	0:18	1.67	6:06	3:39	2	0:17	4	0:18			
Lap 2	2.35	9:06	3:52	2	0:37	4	0:37	4.02	15:12	3:46	2	0:54	4	0:54			
Lap 3	2.35	9:04	3:51	2	0:03	4	0:28	6.37	24:16	3:48	2	0:57	4	1:22			
Lap 4	2.35	9:10	3:54	1	-	4	0:21	8.72	33:26	3:50	2	0:54	4	1:42			
Last lap Finish	1.28	4:58	3:52	2	0:02	5	0:23	10.00	38:24	3:50	2	0:56	4	2:05			