



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Beutke, Henrik

Club: LSV Lok Arnstadt

Number: 154

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 13:10

Speed: 13.67 km/h

Running performance: 4:23 min/km

Rank in course/Total: 6 (of 30)

Rank in course/Men: 5 (of 14)

Best time in course: 11:44

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.72	7:23	4:17	2	0:31	5	0:49	1.72	7:23	4:17	2	0:31	5	0:49
Last lap Finish	1.28	5:47	4:31	2	0:22	5	0:46	3.00	13:10	4:23	2	0:53	5	1:26