



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Günsch, Rebecca

Club: LSV Lok Arnstadt

Number: 2

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 13:48

Speed: 13.04 km/h

Running performance: 4:36 min/km

Rank in course/Total: 1 (of 22)

Rank in course/Women: 1 (of 15)

Best time in course: 13:48

Rank in category: 1(of 6)

Best time in the category: 13:48

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	7:55	4:36	1	-	1	-	1.72	7:55	4:36	1	-	1	-
Last lap Finish	1.28	5:53	4:35	1	-	1	-	3.00	13:48	4:36	1	-	1	-