



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Radlinski, Lina

Club: Erfurter LAC

Number: 11

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 15:34

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 10 (of 22)

Rank in course/Women: 5 (of 15)

Best time in course: 13:48

Rank in category: 4(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	8:26	4:54	4	0:31	5	0:31	1.72	8:26	4:54	4	0:31	5	0:31
Last lap Finish	1.28	7:08	5:34	4	1:15	6	1:15	3.00	15:34	5:11	4	1:46	5	1:46