



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Kaufmann, Alicia

Club: LSV Lok Arnstadt

Number: 3

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 15:37

Speed: 11.53 km/h

Running performance: 5:13 min/km

Rank in course/Total: 11 (of 22)

Rank in course/Women: 6 (of 15)

Best time in course: 13:48

Rank in category: 1(of 1)

Best time in the category: 15:37

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	8:56	5:11	1	-	9	1:01	1.72	8:56	5:11	1	-	9	1:01
Last lap Finish	1.28	6:41	5:13	1	-	4	0:48	3.00	15:37	5:12	1	-	6	1:49