



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Erdmann, Helena

Club: LSV LOK Arnstadt

Number: 20

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 16:46

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 14 (of 22)

Rank in course/Women: 9 (of 15)

Best time in course: 13:48

Rank in category: 1(of 1)

Best time in the category: 16:46

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	8:53	5:09	1	-	8	0:58	1.72	8:53	5:09	1	-	8	0:58
Last lap Finish	1.28	7:53	6:09	1	-	10	2:00	3.00	16:46	5:35	1	-	9	2:58