



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Scherf, Marie

Club: Lok Arnstadt

Number: 17

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 16:47

Speed: 10.72 km/h

Running performance: 5:35 min/km

Rank in course/Total: 15 (of 22)

Rank in course/Women: 10 (of 15)

Best time in course: 13:48

Rank in category: 2(of 2)

Best time in the category: 14:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Lap 1	1.72	8:52	5:09	2	0:41	7	0:57	1.72	8:52	5:09	2	0:41	7	0:57
Last lap Finish	1.28	7:55	6:11	2	1:12	11	2:02	3.00	16:47	5:35	2	1:53	10	2:59