



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

König, Alexander

Club: LSV Lok Arnstadt

Number: 4

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 14:00

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 2 (of 22)

Rank in course/Men: 1 (of 7)

Best time in course: 14:00

Rank in category: 1(of 2)

Best time in the category: 14:00

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.72	7:56	4:36	1	-	1	-	1.72	7:56	4:36	1	-	1	-
Last lap Finish	1.28	6:04	4:44	1	-	1	-	3.00	14:00	4:40	1	-	1	-