



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Günsch, Christina

Club: LSV Lok Arnstadt

Number: 80

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 22:42

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 5 (of 30)

Rank in course/Women: 1 (of 10)

Best time in course: 22:42

Rank in category: 1 (of 1)

Best time in the category: 22:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	5:44	4:09	1	-	1	-	1.38	5:44	4:09	1	-	1	-
Lap 2	2.34	10:47	4:36	1	-	1	-	3.72	16:31	4:26	1	-	1	-
Last lap Finish	1.28	6:11	4:49	1	-	1	-	5.00	22:42	4:32	1	-	1	-