



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Winkler, Helena

Club: LSV Lok Arnstadt

Number: 10

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Kinder U12 (10-11 Jahre)

Total time: 18:04

Speed: 9.96 km/h

Running performance: 6:01 min/km

Rank in course/Total: 16 (of 22)

Rank in course/Women: 11 (of 15)

Best time in course: 13:48

Rank in category: 2(of 3)

Best time in the category: 16:05

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.72	10:28	6:05	2	1:53	12	2:33	1.72	10:28	6:05	2	1:53	12	2:33
Last lap Finish	1.28	7:36	5:56	2	0:06	9	1:43	3.00	18:04	6:01	2	1:59	11	4:16