



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Du Maire, Friedrich

Club: Schwimmverein 02 e.V

Number: 23

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Kinder U12 (10-11 Jahre)

Total time: 19:02

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 18 (of 22)

Rank in course/Men: 6 (of 7)

Best time in course: 14:00

Rank in category: 1(of 2)

Best time in the category: 19:02

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	10:32	6:07	1	-	6	2:36	1.72	10:32	6:07	1	-	6	2:36
Last lap Finish	1.28	8:30	6:38	2	0:28	7	2:26	3.00	19:02	6:20	1	-	6	5:02