



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Kneise, Emil

Club: LSV Lok Arnstadt

Number: 12

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Kinder U12 (10-11 Jahre)

Total time: 19:14

Speed: 9.36 km/h

Running performance: 6:25 min/km

Rank in course/Total: 19 (of 22)

Rank in course/Men: 7 (of 7)

Best time in course: 14:00

Rank in category: 2(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	11:12	6:30	2	0:40	7	3:16	1.72	11:12	6:30	2	0:40	7	3:16
Last lap Finish	1.28	8:02	6:16	1	-	6	1:58	3.00	19:14	6:24	2	0:12	7	5:14