



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Schmidt, Fine

Club: LSV Lok Arnstadt

Number: 7

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 14:28

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 3 (of 22)

Rank in course/Women: 2 (of 15)

Best time in course: 13:48

Rank in category: 2(of 6)

Best time in the category: 13:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	1.72	8:09	4:44	2	0:14	2	0:14	1.72	8:09	4:44	2	0:14	2	0:14
Last lap Finish	1.28	6:19	4:56	2	0:26	2	0:26	3.00	14:28	4:49	2	0:40	2	0:40