



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Wagner, Franziska

Club: Langstrecke Arnstadt

Number: 9

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 19:40

Speed: 9.15 km/h

Running performance: 6:34 min/km

Rank in course/Total: 22 (of 22)

Rank in course/Women: 14 (of 15)

Best time in course: 13:48

Rank in category: 1(of 2)

Best time in the category: 19:40

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	11:13	6:31	1	-	14	3:18	1.72	11:13	6:31	1	-	14	3:18
Last lap Finish	1.28	8:27	6:36	1	-	13	2:34	3.00	19:40	6:33	1	-	14	5:52