



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Beyer, Julius

Club: Amt Wachsenburg,OT Sülzenbrücken
Number: 19

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 14:30

Speed: 12.41 km/h
Running performance: 4:50 min/km

Rank in course/Total: 4 (of 22)

Rank in course/Men: 2 (of 7)

Best time in course: 14:00

Rank in category: 1(of 1)

Best time in the category: 14:30

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	8:13	4:46	1	-	2	0:17	1.72	8:13	4:46	1	-	2	0:17
Last lap Finish	1.28	6:17	4:54	1	-	2	0:13	3.00	14:30	4:49	1	-	2	0:30