



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Lorenz, Klara

Club: Arnstadt

Number: 5

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 14:45

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 5 (of 22)

Rank in course/Women: 3 (of 15)

Best time in course: 13:48

Rank in category: 3(of 6)

Best time in the category: 13:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.72	8:12	4:46	3	0:17	4	0:17	1.72	8:12	4:46	3	0:17	4	0:17
Last lap Finish	1.28	6:33	5:07	3	0:40	3	0:40	3.00	14:45	4:55	3	0:57	3	0:57