



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Erdmann, Jette

Club: LSV Lok Arnstadt

Number: 21

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 14:54

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 7 (of 22)

Rank in course/Women: 4 (of 15)

Best time in course: 13:48

Rank in category: 1(of 2)

Best time in the category: 14:54

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	8:11	4:45	1	-	3	0:16	1.72	8:11	4:45	1	-	3	0:16
Last lap Finish	1.28	6:43	5:14	1	-	5	0:50	3.00	14:54	4:58	1	-	4	1:06