



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Scherf, Max

Club: SG Wachsenburg

Number: 18

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 15:22

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 8 (of 22)

Rank in course/Men: 4 (of 7)

Best time in course: 14:00

Rank in category: 2(of 2)

Best time in the category: 14:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.72	8:17	4:48	2	0:21	3	0:21	1.72	8:17	4:48	2	0:21	3	0:21
Last lap Finish	1.28	7:05	5:32	2	1:01	5	1:01	3.00	15:22	5:07	2	1:22	4	1:22