



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Liv Scherf

Club: ASV Erfurt

Number: 138

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend U14 (12-13) M

Total time: 30:04

Speed: 9.98 km/h

Running performance: 6:00 min/km

Rank in course/Total: 25 (of 40)

Rank in course/Women: 8 (of 19)

Best time in course: 24:19

Rank in category: 2(of 3)

Best time in the category: 29:59

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
Hammerecke	1.38	7:32	5:27	1	-	7	1:24	1.38	7:32	5:27	1	-	7	1:24
Hammerecke	2.34	15:01	6:25	3	0:04	10	3:24	3.72	22:33	6:03	3	0:03	10	4:48
Finish	1.28	7:31	5:52	2	0:02	7	0:57	5.00	30:04	6:00	2	0:05	8	5:45