



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Heinze, Juliane

Club: AC Apolda
Number: 428

Course: 10.00 km
Köstritzer Lauf

Category:
Frauen W20

Total time: 42:26

Speed: 14.14 km/h
Running performance: 4:14 min/km

Rank in course/Total: 45 (of 153)

Rank in course/Women: 1 (of 24)

Best time in course: 42:26

Rank in category: 1(of 8)

Best time in the category: 42:26

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	1.29	4:33	3:31	1	-	1	-	1.29	4:33	3:31	8	-	2	-
Lap 2	2,075.00	6:00	0:00	1	-	1	-	2,076.29	10:33	0:00	8	-	2	-
Lap 3	2,075.00	10:00	0:00	1	-	5	0:24	4,151.29	20:33	0:00	8	-	2	-
Lap 4	2,075.00	8:00	0:00	1	-	1	-	6,226.29	28:33	0:00	8	-	2	-
Lap 5	2,075.00	5:00	0:00	1	-	2	3:42	8,301.29	33:33	0:00	8	-	2	-
Last lap Finish	411.00	8:53	0:01	8	6:55	24	7:53	10.00	42:26	4:14	1	-	2	0:31