



## 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

### Detailed evaluation

ernst, beate

Club: Verein für Ges. und Rehasport Tabarz  
Number: 217

Course: 5.00 km  
sunways 5-km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 21:25

Speed: 14.01 km/h  
Running performance: 04:17 min/km

Rank in course/Total: 12 (of 76)  
Rank in course/Women: 3 (of 31)  
Best time in course: 19:17

Rank in category: 1(of 1)  
Best time in the category: 21:25

#### 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
Lap 1	0.44	1:39	3:45	1	-	2	0:07	0.44	1:39	3:45	1	-	29
Lap 2	2.08	8:56	4:17	1	-	4	1:07	2.52	10:35	4:11	1	-	27
Lap 3	2.08	8:58	4:18	1	-	3	0:42	4.60	19:33	4:15	1	-	26
Last lap Finish	0.41	1:52	4:33	1	-	4	0:16	5.00	21:25	4:16	1	-	3 2:08