



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	Behind 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