



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Frontke, Antonia

Club: SV 1899 Mühlhausen
Number: 211

Course: 5.00 km
sunways 5-km-Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 22:02

Speed: 13.62 km/h
Running performance: 04:25 min/km

Rank in course/Total: 13 (of 76)
Rank in course/Women: 4 (of 31)
Best time in course: 19:17

Rank in category: 1(of 6)
Best time in the category: 22:02

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 | 1:44 | 3:56 | 1 | - | 4 | 0:12 | 0.44 | 1:44 | 3:56 | 1 | - | 28 | | |
| Lap 2 | 2.08 | 8:52 | 4:15 | 1 | - | 3 | 1:03 | 2.52 | 10:36 | 4:12 | 1 | - | 26 | | |
| Lap 3 | 2.08 | 9:37 | 4:37 | 1 | - | 4 | 1:21 | 4.60 | 20:13 | 4:23 | 1 | - | 25 | | |
| Last lap Finish | 0.41 | 1:49 | 4:25 | 1 | - | 3 | 0:13 | 5.00 | 22:02 | 4:24 | 1 | - | 4 | 2:45 | |