



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	