



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Reiche, Cassandra

Club: LSV Lok Arnstadt
Number: 329

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 53:51

Speed: 11.14 km/h
Running performance: 05:23 min/km

Rank in course/Total: 55 (of 93)
Rank in course/Women: 2 (of 14)
Best time in course: 42:24

Rank in category: 1(of 1)
Best time in the category: 53:51

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	5:56	4:35	1	-	2	0:59	1.29	5:56	4:35	1	-	2	0:59
Lap 2	2.08	10:17	4:56	1	-	2	1:48	3.37	16:13	4:48	1	-	2	2:47
Lap 3	2.08	11:32	5:32	1	-	4	2:39	5.45	27:45	5:05	1	-	2	5:26
Lap 4	2.08	12:04	5:48	1	-	2	3:01	7.53	39:49	5:17	1	-	2	8:27
Lap 5	2.08	11:58	5:45	1	-	2	2:48	9.61	51:47	5:23	1	-	2	11:15
Last lap Finish	0.41	2:04	5:02	1	-	2	0:12	10.00	53:51	5:23	1	-	2	11:27