



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Fleischer, Juliane

Club: Katholische Laufjugend Arnstadt
Number: 322

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:03:54

Speed: 9.39 km/h
Running performance: 06:23 min/km

Rank in course/Total: 72 (of 93)
Rank in course/Women: 9 (of 14)
Best time in course: 42:24

Rank in category: 1(of 2)
Best time in the category: 1:03:54

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.29	7:31	5:49	2	0:52	9	2:34	1.29	7:31	5:49	1	-	8	2:34
Lap 2	2.08	12:53	6:11	2	0:35	9	4:24	3.37	20:24	6:03	1	-	8	6:58
Lap 3	2.08	13:12	6:20	1	-	8	4:19	5.45	33:36	6:09	1	-	8	11:17
Lap 4	2.08	13:47	6:37	1	-	8	4:44	7.53	47:23	6:17	1	-	8	16:01
Lap 5	2.08	fehlt!	-	-	-	-	-	9.61	-	-	-	-	-	-
Last lap Finish	0.41	16:31	40:17	2	14:04	13	14:39	10.00	1:03:54	6:23	1	-	9	21:30