



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Kauke, Beate

Club: Rennsteiglaufverein

Number: 237

Course: 5.00 km

sunways 5-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 23:18

Speed: 12.88 km/h

Running performance: 04:40 min/km

Rank in course/Total: 19 (of 76)

Rank in course/Women: 5 (of 31)

Best time in course: 19:17

Rank in category: 1(of 1)

Best time in the category: 23:18

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
Lap 1	0.44	1:57	4:25	1	-	6	0:25	0.44	1:57	4:25	1	-	27
Lap 2	2.08	9:18	4:28	1	-	6	1:29	2.52	11:15	4:27	1	-	25
Lap 3	2.08	10:00	4:48	1	-	5	1:44	4.60	21:15	4:37	1	-	24
Last lap Finish	0.41	2:03	5:00	1	-	8	0:27	5.00	23:18	4:39	1	-	5 4:01