



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Seise, Anna

Club: SV 1899 Mühlhausen
Number: 210

Course: 5.00 km
sunways 5-km-Lauf

Category:
weibliche Jugend W15 (15 Jahre)

Total time: 24:20

Speed: 12.33 km/h
Running performance: 04:52 min/km

Rank in course/Total: 22 (of 76)
Rank in course/Women: 6 (of 31)
Best time in course: 19:17

Rank in category: 1(of 2)
Best time in the category: 24:20

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	1:45	3:58	1	-	5	0:13	0.44	1:45	3:58	1	-	26	
Lap 2	2.08	9:17	4:27	1	-	5	1:28	2.52	11:02	4:22	1	-	24	
Lap 3	2.08	11:14	5:24	1	-	7	2:58	4.60	22:16	4:50	1	-	23	
Last lap Finish	0.41	2:04	5:02	2	0:05	9	0:28	5.00	24:20	4:51	1	-	6	5:03