



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 | |