



22. Arnstädter Citylauf
 Arnstadt / 28.04.2012

Detailed evaluation

ernst, anna-maria

Club: sonntagsläufer tambach-dietharz
 Number: 187

Course: 5.00 km
 sunways 5-km-Lauf

Category:
 Frauen (20-29 Jahre)

Total time: 25:20

Speed: 11.84 km/h
 Running performance: 05:04 min/km

Rank in course/Total: 27 (of 76)

Rank in course/Women: 7 (of 31)

Best time in course: 19:17

Rank in category: 3(of 9)

Best time in the category: 19:17

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	2:06	4:46	4	0:34	11	0:34	0.44	2:06	4:46	3	0:34	25	
Lap 2	2.08	10:20	4:58	3	2:31	7	2:31	2.52	12:26	4:56	3	3:05	23	
Lap 3	2.08	10:44	5:09	3	2:28	6	2:28	4.60	23:10	5:02	3	5:33	22	
Last lap Finish	0.41	2:10	5:17	4	0:34	12	0:34	5.00	25:20	5:03	3	6:03	7	6:03