



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Bertram, Christin

Club: ThSV 1886

Number: 215

Course: 5.00 km

sunways 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 25:59

Speed: 11.55 km/h

Running performance: 05:12 min/km

Rank in course/Total: 29 (of 76)

Rank in course/Women: 8 (of 31)

Best time in course: 19:17

Rank in category: 4(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	2:02	4:37	3	0:30	7	0:30	0.44	2:02	4:37	4	0:30	24		
Lap 2	2.08	10:22	4:59	4	2:33	8	2:33	2.52	12:24	4:55	4	3:03	22		
Lap 3	2.08	11:37	5:35	4	3:21	8	3:21	4.60	24:01	5:13	4	6:24	21		
Last lap Finish	0.41	1:58	4:47	3	0:22	6	0:22	5.00	25:59	5:11	4	6:42	8	6:42	