



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Winkler, Ronja

Club: Dresden
Number: 227

Course: 5.00 km
sunways 5-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 27:05

Speed: 11.08 km/h
Running performance: 05:25 min/km

Rank in course/Total: 31 (of 76)
Rank in course/Women: 9 (of 31)
Best time in course: 19:17

Rank in category: 5(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	2:12	5:00	5	0:40	13	0:40	0.44	2:12	5:00	5	0:40	23	0:03
Lap 2	2.08	10:24	5:00	5	2:35	9	2:35	2.52	12:36	5:00	5	3:15	21	
Lap 3	2.08	12:17	5:54	5	4:01	11	4:01	4.60	24:53	5:24	5	7:16	20	
Last lap Finish	0.41	2:12	5:21	5	0:36	13	0:36	5.00	27:05	5:24	5	7:48	9	7:48