



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Schrickel, Shirin

Club: Arnstadt

Number: 231

Course: 5.00 km

sunways 5-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 27:45

Speed: 10.81 km/h

Running performance: 05:33 min/km

Rank in course/Total: 34 (of 76)

Rank in course/Women: 10 (of 31)

Best time in course: 19:17

Rank in category: 2(of 6)

Best time in the category: 22:02

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	2:05	4:44	2	0:21	9	0:33	0.44	2:05	4:44	2	0:21	19		
Lap 2	2.08	10:32	5:03	2	1:40	10	2:43	2.52	12:37	5:00	2	2:01	20		
Lap 3	2.08	12:59	6:14	3	3:22	15	4:43	4.60	25:36	5:33	2	5:23	16		
Last lap Finish	0.41	2:09	5:14	2	0:20	10	0:33	5.00	27:45	5:32	2	5:43	10	8:28	