



22. Arnstädter Citylauf
 Arnstadt / 28.04.2012

Detailed evaluation

Stanzel, Larissa

Club: Staatliches GYM Arnstadt
 Number: 238

Course: 5.00 km
 sunways 5-km-Lauf

Category:
 weibliche Jugend U20 (18-19 Jahre)

Total time: 27:52

Speed: 10.77 km/h
 Running performance: 05:34 min/km

Rank in course/Total: 36 (of 76)
 Rank in course/Women: 11 (of 31)
 Best time in course: 19:17

Rank in category: 1(of 2)
 Best time in the category: 27:52

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	2:37	5:56	2	0:16	26	1:05	0.44	2:37	5:56	1	-	17	0:28
Lap 2	2.08	11:27	5:30	1	-	14	3:38	2.52	14:04	5:34	1	-	1	-
Lap 3	2.08	11:53	5:42	1	-	10	3:37	4.60	25:57	5:38	1	-	18	0:11
Last lap Finish	0.41	1:55	4:40	1	-	5	0:19	5.00	27:52	5:34	1	-	11	8:35