



22. Arnstädter Citylauf  
 Arnstadt / 28.04.2012

Detailed evaluation

Werner, Kathleen

Club: RSV  
 Number: 240

Course: 5.00 km  
 sunways 5-km-Lauf

Category:  
 Seniorinnen W35 (35-39 Jahre)

Total time: 27:58  
 Speed: 10.73 km/h  
 Running performance: 05:35 min/km  
 Rank in course/Total: 40 (of 76)  
 Rank in course/Women: 13 (of 31)  
 Best time in course: 19:17  
 Rank in category: 1(of 2)  
 Best time in the category: 27:58

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	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	1	-	9	0:33	0.44	2:05	4:44	1	-	19	
Lap 2	2.08	11:13	5:23	1	-	13	3:24	2.52	13:18	5:16	1	-	17	
Lap 3	2.08	12:18	5:54	1	-	12	4:02	4.60	25:36	5:33	1	-	16	
Last lap Finish	0.41	2:22	5:46	1	-	15	0:46	5.00	27:58	5:35	1	-	12	8:41