



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Siegmund, Lisa

Club: LG Ohra-HörselGas

Number: 170

Course: 5.00 km

sunways 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 19:17

Speed: 15.56 km/h

Running performance: 03:52 min/km

Rank in course/Total: 4 (of 76)

Rank in course/Women: 1 (of 31)

Best time in course: 19:17

Rank in category: 1(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.44	1:32	3:29	1	-	1	-	0.44	1:32	3:29	1	-	16	
Lap 2	2.08	7:49	3:45	1	-	1	-	2.52	9:21	3:42	1	-	15	
Lap 3	2.08	8:16	3:58	1	-	1	-	4.60	17:37	3:49	1	-	15	
Last lap Finish	0.41	1:40	4:03	2	0:04	2	0:04	5.00	19:17	3:51	1	-	1	-