



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. | Stage score | | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|--------|-------|-------|-------|-----|--------|----|-------------|----------------|--------------|-----------------|
| | | | | | | Pos | Behind | Total | Total | Total | Pos | Behind | | | | | |
| 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 | | | | |