



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Haefelig, Charlotte

Club: Edith-Stein-Schule
Number: 239

Course: 5.00 km
sunways 5-km-Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 28:05

Speed: 10.68 km/h
Running performance: 05:37 min/km

Rank in course/Total: 42 (of 76)
Rank in course/Women: 15 (of 31)
Best time in course: 19:17

Rank in category: 3(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	2:37	5:56	3	0:53	26	1:05	0.44	2:37	5:56	3	0:53	17	0:28
Lap 2	2.08	11:27	5:30	3	2:35	14	3:38	2.52	14:04	5:34	3	3:28	1	-
Lap 3	2.08	11:52	5:42	2	2:15	9	3:36	4.60	25:56	5:38	3	5:43	14	0:10
Last lap Finish	0.41	2:09	5:14	2	0:20	10	0:33	5.00	28:05	5:36	3	6:03	15	8:48