



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Rott, Theresa

Club: Gym Klasse 7d /LSV Lok Arnstadt
Number: 160

Course: 5.00 km
sunways 5-km-Lauf

Category:
weibliche Jugend W14 (14 Jahre)

Total time: 29:54

Speed: 10.03 km/h
Running performance: 05:59 min/km

Rank in course/Total: 53 (of 76)
Rank in course/Women: 16 (of 31)
Best time in course: 19:17

Rank in category: 2(of 4)
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	2:09	4:53	1	-	12	0:37	0.44	2:09	4:53	2		1	-
Lap 2	2.08	11:35	5:34	2	0:46	16	3:46	2.52	13:44	5:26	2	0:28	14	
Lap 3	2.08	13:39	6:33	2	1:09	19	5:23	4.60	27:23	5:57	2	1:37	13	1:37
Last lap Finish	0.41	2:31	6:08	2	0:19	18	0:55	5.00	29:54	5:58	2	1:56	16	10:37