



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

**Zeuner, Konstanze**

Club: sunways  
Number: 206

Course: 5.00 km  
sunways 5-km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 30:11

Speed: 9.94 km/h  
Running performance: 06:02 min/km

Rank in course/Total: 55 (of 76)  
Rank in course/Women: 18 (of 31)  
Best time in course: 19:17

Rank in category: 6(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.44	2:34	5:50	9	1:02	24	1:02	0.44	2:34	5:50	6	1:02	14	0:25
Lap 2	2.08	11:40	5:36	6	3:51	17	3:51	2.52	14:14	5:38	6	4:53	13	0:10
Lap 3	2.08	13:12	6:20	6	4:56	16	4:56	4.60	27:26	5:57	6	9:49	12	1:40
Last lap Finish	0.41	2:45	6:42	9	1:09	25	1:09	5.00	30:11	6:02	6	10:54	18	10:54