



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

**Trautmann, Andrea**

Club: sunways  
Number: 205

Course: 5.00 km  
sunways 5-km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 30:14

Speed: 9.92 km/h  
Running performance: 06:03 min/km

Rank in course/Total: 56 (of 76)  
Rank in course/Women: 19 (of 31)  
Best time in course: 19:17

Rank in category: 1(of 4)  
Best time in the category: 30:14

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1           | 0.44        | 2:30          | 5:40            | 3           | 0:26           | 21           | 0:58            | 0.44          | 2:30          | 5:40            | 1           | -              | 13           | 0:21            |
| Lap 2           | 2.08        | 11:49         | 5:40            | 1           | -              | 18           | 4:00            | 2.52          | 14:19         | 5:40            | 1           | -              | 12           | 0:15            |
| Lap 3           | 2.08        | 13:19         | 6:24            | 1           | -              | 17           | 5:03            | 4.60          | 27:38         | 6:00            | 1           | -              | 11           | 1:52            |
| Last lap Finish | 0.41        | 2:36          | 6:20            | 1           | -              | 19           | 1:00            | 5.00          | 30:14         | 6:02            | 1           | -              | 19           | 10:57           |