



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 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	2:30	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