



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Rodriguez, Adriana

Club: Arnstadt
Number: 226

Course: 5.00 km
sunways 5-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 31:17

Speed: 9.59 km/h
Running performance: 06:16 min/km

Rank in course/Total: 60 (of 76)
Rank in course/Women: 20 (of 31)
Best time in course: 19:17

Rank in category: 7(of 9)
Best time in the category: 19:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	2:31	5:43	8	0:59	22	0:59	0.44	2:31	5:43	7	0:59	5	0:22
Lap 2	2.08	12:32	6:01	7	4:43	21	4:43	2.52	15:03	5:58	7	5:42	11	0:59
Lap 3	2.08	13:50	6:39	8	5:34	22	5:34	4.60	28:53	6:16	7	11:16	10	3:07
Last lap Finish	0.41	2:24	5:51	6	0:48	16	0:48	5.00	31:17	6:15	7	12:00	20	12:00