



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

**Kühn, Luisa**

Club: Luisenthaler SV

Number: 233

Course: 5.00 km

sunways 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 31:18

Speed: 9.58 km/h

Running performance: 06:16 min/km

Rank in course/Total: 61 (of 76)

Rank in course/Women: 21 (of 31)

Best time in course: 19:17

Rank in category: 8(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	0.44	2:21	5:20	6	0:49	15	0:49	0.44	2:21	5:20	8	0:49	3	0:12
Lap 2	2.08	12:47	6:08	8	4:58	22	4:58	2.52	15:08	6:00	8	5:47	10	1:04
Lap 3	2.08	13:32	6:30	7	5:16	18	5:16	4.60	28:40	6:13	8	11:03	9	2:54
Last lap Finish	0.41	2:38	6:25	8	1:02	21	1:02	5.00	31:18	6:15	8	12:01	21	12:01