



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Eichhorn, Claudia

Club: Arnstadt
Number: 225

Course: 5.00 km
sunways 5-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 31:40

Speed: 9.47 km/h
Running performance: 06:20 min/km

Rank in course/Total: 62 (of 76)
Rank in course/Women: 22 (of 31)
Best time in course: 19:17

Rank in category: 2(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.44	2:04	4:41	1	-	8	0:32	0.44	2:04	4:41	2			10
Lap 2	2.08	12:29	6:00	3	0:40	20	4:40	2.52	14:33	5:46	2	0:14	9	0:29
Lap 3	2.08	14:28	6:57	2	1:09	25	6:12	4.60	29:01	6:18	2	1:23	8	3:15
Last lap Finish	0.41	2:39	6:27	2	0:03	23	1:03	5.00	31:40	6:20	2	1:26	22	12:23