



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Stutzig, Heike

Club: Katholische Laufjugend Arnstadt
Number: 167

Course: 5.00 km
sunways 5-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 32:19

Speed: 9.28 km/h
Running performance: 06:28 min/km

Rank in course/Total: 64 (of 76)
Rank in course/Women: 23 (of 31)
Best time in course: 19:17

Rank in category: 2(of 2)
Best time in the category: 27:58

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	2:36	5:54	2	0:31	25	1:04	0.44	2:36	5:54	2	0:31	9	0:27
Lap 2	2.08	13:16	6:22	2	2:03	25	5:27	2.52	15:52	6:17	2	2:34	8	1:48
Lap 3	2.08	13:49	6:38	2	1:31	21	5:33	4.60	29:41	6:27	2	4:05	7	3:55
Last lap Finish	0.41	2:38	6:25	2	0:16	21	1:02	5.00	32:19	6:27	2	4:21	23	13:02