



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Müller, Katrin

Number: 241

Course: 5.00 km
sunways 5-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 32:26

Speed: 9.25 km/h

Running performance: 06:29 min/km

Rank in course/Total: 66 (of 76)

Rank in course/Women: 25 (of 31)

Best time in course: 19:17

Rank in category: 9(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	2:22	5:22	7	0:50	17	0:50	0.44	2:22	5:22	9	0:50	8	0:13
Lap 2	2.08	13:17	6:23	9	5:28	26	5:28	2.52	15:39	6:12	9	6:18	7	1:35
Lap 3	2.08	14:18	6:52	9	6:02	24	6:02	4.60	29:57	6:30	9	12:20	6	4:11
Last lap Finish	0.41	2:29	6:03	7	0:53	17	0:53	5.00	32:26	6:29	9	13:09	25	13:09