



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Hein, Lisa

Club: Katholische Laufjugend Arnstadt
Number: 165

Course: 5.00 km
sunways 5-km-Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 32:24

Speed: 9.26 km/h
Running performance: 06:29 min/km

Rank in course/Total: 65 (of 76)
Rank in course/Women: 24 (of 31)
Best time in course: 19:17

Rank in category: 4(of 6)
Best time in the category: 22:02

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	2:41	6:05	5	0:57	29	1:09	0.44	2:41	6:05	4	0:57	7	0:32
Lap 2	2.08	13:13	6:21	4	4:21	23	5:24	2.52	15:54	6:18	4	5:18	6	1:50
Lap 3	2.08	13:48	6:38	4	4:11	20	5:32	4.60	29:42	6:27	4	9:29	5	3:56
Last lap Finish	0.41	2:42	6:35	4	0:53	24	1:06	5.00	32:24	6:28	4	10:22	24	13:07