



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

Hein, Lea

Club: Katholische Laufjugend Arnstadt  
Number: 164

Course: 5.00 km  
sunways 5-km-Lauf

Category:  
weibliche Jugend W14 (14 Jahre)

Total time: 32:43

Speed: 9.17 km/h  
Running performance: 06:32 min/km

Rank in course/Total: 67 (of 76)  
Rank in course/Women: 26 (of 31)  
Best time in course: 19:17

Rank in category: 4(of 4)  
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.	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	2:45	6:15	4	0:36	30	1:13	0.44	2:45	6:15	4	0:18	6	0:36
Lap 2	2.08	13:29	6:28	3	2:40	27	5:40	2.52	16:14	6:26	3	2:58	5	2:10
Lap 3	2.08	13:52	6:40	3	1:22	23	5:36	4.60	30:06	6:32	3	4:20	4	4:20
Last lap Finish	0.41	2:37	6:22	3	0:25	20	1:01	5.00	32:43	6:32	4	4:45	26	13:26