



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Bussian, Asrid

Club: Ilmenau

Number: 224

Course: 5.00 km

sunways 5-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 33:44

Speed: 8.89 km/h

Running performance: 06:45 min/km

Rank in course/Total: 69 (of 76)

Rank in course/Women: 28 (of 31)

Best time in course: 19:17

Rank in category: 4(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	Total km	Total Time				Pos Women	Behind Women
Lap 1	0.44	2:23	5:25	2	0:19	18	0:51	0.44	2:23	5:25	4	-	4	0:14
Lap 2	2.08	fehlt!	-	-	-	-	-	2.52	-	-	-	-	-	-
Lap 3	2.08	fehlt!	-	-	-	-	-	4.60	-	-	-	-	-	-
Last lap Finish	0.41	31:21	76:27	4	28:45	29	29:45	5.00	33:44	6:44	4	3:30	28	14:27