



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Adam, Justine

Club: Luisenthaler SV

Number: 232

Course: 5.00 km

sunways 5-km-Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 37:11

Speed: 8.07 km/h

Running performance: 07:26 min/km

Rank in course/Total: 73 (of 76)

Rank in course/Women: 29 (of 31)

Best time in course: 19:17

Rank in category: 2(of 2)

Best time in the category: 27:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	0.44	2:21	5:20	1	-	15	0:49	0.44	2:21	5:20	2			3	0:12
Lap 2	2.08	14:08	6:47	2	2:41	28	6:19	2.52	16:29	6:32	2	2:25		3	2:25
Lap 3	2.08	17:34	8:26	2	5:41	27	9:18	4.60	34:03	7:24	2	8:06		2	8:17
Last lap Finish	0.41	3:08	7:38	2	1:13	27	1:32	5.00	37:11	7:26	2	9:19		29	17:54