



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Decker, Beatrice

Club: ASV Erfurt

Number: 151

Course: 5.00 km

sunways 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 20:24

Speed: 14.71 km/h

Running performance: 04:05 min/km

Rank in course/Total: 9 (of 76)

Rank in course/Women: 2 (of 31)

Best time in course: 19:17

Rank in category: 2(of 9)

Best time in the category: 19:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women						Pos Women	Behind Women
Lap 1	0.44	1:40	3:47	2	0:08	3	0:08	0.44	1:40	3:47	2	0:08	30	
Lap 2	2.08	8:29	4:04	2	0:40	2	0:40	2.52	10:09	4:01	2	0:48	28	
Lap 3	2.08	8:39	4:09	2	0:23	2	0:23	4.60	18:48	4:05	2	1:11	27	
Last lap Finish	0.41	1:36	3:54	1	-	1	-	5.00	20:24	4:04	2	1:07	2	1:07