



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

Heinze, Juliane

Club: AC Apolda  
Number: 392

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 42:24

Speed: 14.15 km/h  
Running performance: 04:14 min/km

Rank in course/Total: 13 (of 93)  
Rank in course/Women: 1 (of 14)  
Best time in course: 42:24

Rank in category: 1(of 3)  
Best time in the category: 42:24

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	1.29	4:57	3:50	1	-	1	-	1.29	4:57	3:50	1	-	1	-
Lap 2	2.08	8:29	4:04	1	-	1	-	3.37	13:26	3:59	1	-	1	-
Lap 3	2.08	8:53	4:16	1	-	1	-	5.45	22:19	4:05	1	-	1	-
Lap 4	2.08	9:03	4:21	1	-	1	-	7.53	31:22	4:09	1	-	1	-
Lap 5	2.08	9:10	4:24	1	-	1	-	9.61	40:32	4:13	1	-	1	-
Last lap Finish	0.41	1:52	4:33	1	-	1	-	10.00	42:24	4:14	1	-	1	-