



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Decker, Beatrice

Club: ASV Erfurt

Number: 153

Course: 5.00 km

5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 19:52

Speed: 15.10 km/h

Running performance: 3:58 min/km

Rank in course/Total: 7 (of 50)

Rank in course/Women: 1 (of 23)

Best time in course: 19:52

Rank in category: 1(of 6)

Best time in the category: 19:52

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	1.39	5:16	3:47	1	-	1	-	1.39	5:16	3:47	1	-	13		
Lap 2	2.35	9:28	4:01	1	-	1	-	3.74	14:44	3:56	1	-	13		
Last lap Finish	1.30	5:08	3:56	1	-	1	-	5.00	19:52	3:58	1	-	1		