



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Hohenstein, Laura

Club: Oskars Läufer

Number: 174

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend W14 (14 Jahre)

Total time: 20:19

Speed: 14.77 km/h

Running performance: 4:04 min/km

Rank in course/Total: 10 (of 50)

Rank in course/Women: 2 (of 23)

Best time in course: 19:52

Rank in category: 1(of 3)

Best time in the category: 20:19

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
Lap 1	1.39	5:17	3:48	1	-	2	0:01	1.39	5:17	3:48	1	-	22
Lap 2	2.35	9:49	4:10	1	-	2	0:21	3.74	15:06	4:02	1	-	22
Last lap Finish	1.30	5:13	4:00	1	-	2	0:05	5.00	20:19	4:03	1	-	2 0:27