



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Frontke, Antonia

Club: SV 1899 Mühlhausen

Number: 190

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 20:46

Speed: 14.45 km/h

Running performance: 4:09 min/km

Rank in course/Total: 12 (of 50)

Rank in course/Women: 4 (of 23)

Best time in course: 19:52

Rank in category: 1(of 2)

Best time in the category: 20:46

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	5:18	3:48	1	-	4	0:02	1.39	5:18	3:48	1	-	21		
Lap 2	2.35	9:57	4:14	1	-	4	0:29	3.74	15:15	4:04	1	-	21		
Last lap Finish	1.30	5:31	4:14	1	-	4	0:23	5.00	20:46	4:09	1	-	4	0:54	