



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

ernst, beate

Club: Sonntagsläufer Tambach-Dietharz

Number: 175

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 22:07

Speed: 13.56 km/h

Running performance: 4:25 min/km

Rank in course/Total: 16 (of 50)

Rank in course/Women: 5 (of 23)

Best time in course: 19:52

Rank in category: 1(of 2)

Best time in the category: 22:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.39	5:27	3:55	1	-	5	0:11	1.39	5:27	3:55	1	-	20	
Lap 2	2.35	10:40	4:32	1	-	5	1:12	3.74	16:07	4:18	1	-	20	
Last lap Finish	1.30	6:00	4:36	1	-	5	0:52	5.00	22:07	4:25	1	-	5	2:15