



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Rott, Theresa

Club: LSV Lok Arnstadt

Number: 171

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend W15 (15 Jahre)

Total time: 23:10

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 20 (of 50)

Rank in course/Women: 6 (of 23)

Best time in course: 19:52

Rank in category: 2(of 5)

Best time in the category: 20:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Lap 1	1.39	5:44	4:07	2	0:27	6	0:28	1.39	5:44	4:07	2	0:27	19
Lap 2	2.35	11:09	4:44	2	1:20	6	1:41	3.74	16:53	4:30	2	1:47	19
Last lap Finish	1.30	6:17	4:49	2	1:00	6	1:09	5.00	23:10	4:38	2	2:47	6 3:18