



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Ernst, Anna-Maria

Club: Sonntagsläufer Tambach-Dietharz

Number: 176

Course: 5.00 km

5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 23:43

Speed: 12.65 km/h

Running performance: 4:44 min/km

Rank in course/Total: 21 (of 50)

Rank in course/Women: 7 (of 23)

Best time in course: 19:52

Rank in category: 2(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	5:56	4:16	2	0:40	7	0:40	1.39	5:56	4:16	2	0:40	18		
Lap 2	2.35	11:19	4:48	2	1:51	7	1:51	3.74	17:15	4:36	2	2:31	18		
Last lap Finish	1.30	6:28	4:58	2	1:20	7	1:20	5.00	23:43	4:44	2	3:51	7	3:51	