



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Krannich, Michelle

Club: ThSV 1886 Geschwenda

Number: 193

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend W15 (15 Jahre)

Total time: 26:14

Speed: 11.44 km/h

Running performance: 5:15 min/km

Rank in course/Total: 29 (of 50)

Rank in course/Women: 9 (of 23)

Best time in course: 19:52

Rank in category: 4(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	6:28	4:39	4	1:11	9	1:12	1.39	6:28	4:39	4	1:11	16
Lap 2	2.35	12:57	5:30	4	3:08	10	3:29	3.74	19:25	5:11	4	4:19	16
Last lap Finish	1.30	6:49	5:14	3	1:32	8	1:41	5.00	26:14	5:14	4	5:51	9 6:22