



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Aysche, Jessica

Club: Arnstadt

Number: 197

Course: 5.00 km

5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 27:03

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 33 (of 50)

Rank in course/Women: 11 (of 23)

Best time in course: 19:52

Rank in category: 3(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	6:59	5:01	3	1:43	11	1:43	1.39	6:59	5:01	3	1:43	14	
Lap 2	2.35	13:03	5:33	3	3:35	11	3:35	3.74	20:02	5:21	3	5:18	14	
Last lap Finish	1.30	7:01	5:23	3	1:53	10	1:53	5.00	27:03	5:24	3	7:11	11	7:11