



## 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

### Detailed evaluation

#### Kettsitz, Stefanie

Club: Katholische Laufjugend

Number: 213

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 28:40

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 37 (of 50)

Rank in course/Women: 12 (of 23)

Best time in course: 19:52

Rank in category: 1(of 1)

Best time in the category: 28:40

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.39	7:42	5:32	1	-	12	2:26	1.39	7:42	5:32	1	-	1	-
Lap 2	2.35	13:41	5:49	1	-	12	4:13	3.74	21:23	5:43	1	-	1	-
Last lap Finish	1.30	7:17	5:36	1	-	13	2:09	5.00	28:40	5:44	1	-	12	8:48