



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Hein, Lisa

Club: Katholische Laufjugend

Number: 163

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 29:32

Speed: 10.16 km/h

Running performance: 5:55 min/km

Rank in course/Total: 38 (of 50)

Rank in course/Women: 13 (of 23)

Best time in course: 19:52

Rank in category: 2(of 2)

Best time in the category: 20:46

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	7:43	5:33	2	2:25	13	2:27	1.39	7:43	5:33	2	2:25	12	0:01
Lap 2	2.35	13:57	5:56	2	4:00	13	4:29	3.74	21:40	5:47	2	6:25	12	0:17
Last lap Finish	1.30	7:52	6:03	2	2:21	17	2:44	5.00	29:32	5:54	2	8:46	13	9:40