



## 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

### Detailed evaluation

#### Kriese-Hein, Manuela

Club: Katholische Laufjugend Arnstadt  
Number: 166

Course: 5.00 km  
5-km-Lauf

#### Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 29:46

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 39 (of 50)

Rank in course/Women: 14 (of 23)

Best time in course: 19:52

Rank in category: 1(of 1)

Best time in the category: 29:46

#### 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	7:58	5:43	1	-	16	2:42	1.39	7:58	5:43	1	-	11	0:16
Lap 2	2.35	13:59	5:57	1	-	15	4:31	3.74	21:57	5:52	1	-	11	0:34
Last lap Finish	1.30	7:49	6:00	1	-	16	2:41	5.00	29:46	5:57	1	-	14	9:54