



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

Hein, Lea

Club: Katholische Laufjugend

Number: 162

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend W15 (15 Jahre)

Total time: 29:50

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 40 (of 50)

Rank in course/Women: 15 (of 23)

Best time in course: 19:52

Rank in category: 5(of 5)

Best time in the category: 20:23

### 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	8:14	5:55	5	2:57	20	2:58	1.39	8:14	5:55	5	2:57	9	0:32
Lap 2	2.35	13:58	5:56	5	4:09	14	4:30	3.74	22:12	5:56	5	7:06	10	0:49
Last lap Finish	1.30	7:38	5:52	5	2:21	14	2:30	5.00	29:50	5:58	5	9:27	15	9:58