



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Haak, Laura

Club: Speedskating Arnstadt e.V.
Number: 179

Course: 5.00 km
5-km-Lauf

Category:
weibliche Jugend W14 (14 Jahre)

Total time: 30:32

Speed: 9.83 km/h
Running performance: 6:07 min/km

Rank in course/Total: 43 (of 50)
Rank in course/Women: 17 (of 23)
Best time in course: 19:52

Rank in category: 3(of 3)
Best time in the category: 20:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	8:13	5:54	2	2:56	18	2:57	1.39	8:13	5:54	3	2:56	7	0:31
Lap 2	2.35	14:40	6:14	3	4:51	17	5:12	3.74	22:53	6:07	2	7:47	7	1:30
Last lap Finish	1.30	7:39	5:53	3	2:26	15	2:31	5.00	30:32	6:06	3	10:13	17	10:40