



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Rosowsky, Henriette

Club: Speedskating Arnstadt e.V.

Number: 183

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 30:45

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 44 (of 50)

Rank in course/Women: 18 (of 23)

Best time in course: 19:52

Rank in category: 1(of 1)

Best time in the category: 30:45

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	8:13	5:54	1	-	18	2:57	1.39	8:13	5:54	1	-	7	0:31
Lap 2	2.35	14:40	6:14	1	-	17	5:12	3.74	22:53	6:07	1	-	7	1:30
Last lap Finish	1.30	7:52	6:03	1	-	17	2:44	5.00	30:45	6:09	1	-	18	10:53