



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Ludwig, Stephanie

Club: Crawinkel

Number: 155

Course: 5.00 km

5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 31:41

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 45 (of 50)

Rank in course/Women: 19 (of 23)

Best time in course: 19:52

Rank in category: 4(of 6)

Best time in the category: 19:52

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	7:56	5:42	5	2:40	15	2:40	1.39	7:56	5:42	4	2:40	6	0:14
Lap 2	2.35	15:33	6:37	4	6:05	20	6:05	3.74	23:29	6:16	4	8:45	4	2:06
Last lap Finish	1.30	8:12	6:18	4	3:04	19	3:04	5.00	31:41	6:20	4	11:49	19	11:49