



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Wagner, Katja

Club: Ohrdruf

Number: 173

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: 46 (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	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.39	7:55	5:41	4	2:39	14	2:39	1.39	7:55	5:41	5	2:39	5	0:13			
Lap 2	2.35	15:33	6:37	4	6:05	20	6:05	3.74	23:28	6:16	5	8:44	5	2:05			
Last lap Finish	1.30	8:13	6:19	5	3:05	20	3:05	5.00	31:41	6:20	4	11:49	19	11:49			