



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Sahl, Birgit

Club: Arnstadt

Number: 203

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 31:44

Speed: 9.45 km/h

Running performance: 6:21 min/km

Rank in course/Total: 47 (of 50)

Rank in course/Women: 21 (of 23)

Best time in course: 19:52

Rank in category: 2(of 2)

Best time in the category: 22:07

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	8:10	5:52	2	2:43	17	2:54	1.39	8:10	5:52	2	2:43	4	0:28
Lap 2	2.35	15:19	6:31	2	4:39	19	5:51	3.74	23:29	6:16	2	7:22	4	2:06
Last lap Finish	1.30	8:15	6:20	2	2:15	21	3:07	5.00	31:44	6:20	2	9:37	21	11:52