



23. Arnstädter Citylauf
Arnstadt / 27.04.2013

Detailed evaluation

Stutzig, Heike

Club: Katholische Laufjugend Arnstadt
Number: 167

Course: 5.00 km
5-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 34:35

Speed: 8.67 km/h
Running performance: 6:55 min/km

Rank in course/Total: 48 (of 50)
Rank in course/Women: 22 (of 23)
Best time in course: 19:52

Rank in category: 1(of 1)
Best time in the category: 34:35

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	8:50	6:21	1	-	22	3:34	1.39	8:50	6:21	1	-	3	1:08
Lap 2	2.35	16:30	7:01	1	-	22	7:02	3.74	25:20	6:46	1	-	3	3:57
Last lap Finish	1.30	9:15	7:06	1	-	22	4:07	5.00	34:35	6:55	1	-	22	14:43